



Makes 1½ cups

Preparation Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS:

1 15-oz. can garbanzo beans
(chickpeas), rinsed and drained

2 tablespoons lime juice

1 small clove garlic, peeled

Sea salt and freshly ground
black pepper, to taste

1 cup fresh spinach leaves

½ cup fresh cilantro leaves

¼ cup fresh parsley leaves

¼ cup sliced green onions

1 tablespoon chopped fresh
chives

Emerald Hummus Dip with Fresh Herbs

A handful of spinach gives this flavorful spread a lovely bright green hue. Serve it as a dip with carrots, celery, toasted pita triangles, or any finger food of your choosing, or spread it on a whole wheat tortilla and top with other fillings for a wrap.

By Darshana Thacker Wendel

- 1 In a blender or food processor combine chickpeas, lime juice, garlic, and ½ cup water. Cover and blend or process until smooth. Season with salt and pepper. Add the remaining ingredients; cover and process just until combined.
- 2 Chill, covered, until ready to serve.