



Did You Know: Hummus

Did you know in this age of food mash ups and cross cultural culinary creativity (think Korean tacos), a food could be wildly popular in parts of the United States and regions throughout the world, and at the same time be relatively unknown among about 80 million Americans?

That food is hummus—a staple throughout much of the Middle East and Mediterranean—which is made from the humble chickpea. In fact, “hummus” is the Arabic word for chickpeas, and the origins of the dish date back to the 13th century. Also known as “garbanzo” beans, chickpeas are in the legume family and are the main ingredient in hummus when pureed with tahini (ground sesame seeds) and some everyday ingredients including olive oil and fresh squeezed lemon juice. Like many beans, chickpeas are a rich in fiber and protein and also a good source of folic acid, zinc and magnesium.



If you're new to the hummus party, try it any time of day you want to boost flavor and pack nutrients into snacks, side dishes and more. Did you know...

1. ...you can liven up your morning toast or bagel with a dollop of hummus? The healthy protein will sustain you until lunch.
2. ...hummus is spreadable, dip-able and mix-in-able? Before the kids get home from school, set out an after school nibble bar with breads, crackers and fresh cut veggies in colorful combinations. You'll be amazed at how much fun they have trying a tasty new treats when re-energizing after school.
3. ...burger night can be a bit boring? Serve your favorite burgers with flat breads and hummus and add some new flavor to your same old sandwich.