

Classic Hummus

MAKES 2½ CUPS; 10 (¼-CUP) SERVINGS

This traditional-style hummus, the best we've ever tasted, becomes very untraditional when we add the rich flavor of roasted green chilies. We serve it with our Pita Chips (page 204), and with fresh vegetable crudités. For your convenience, extra hummus freezes well. If you're not wild about chilies, you can substitute diced artichoke hearts, olives, red bell peppers, or any other vegetable.

2½ cups low-sodium canned garbanzo beans, drained	1 teaspoon salt (use half the salt if using regular canned garbanzos)
½ cup tahini (sesame seed paste)	1½ teaspoons onion powder
6 tablespoons fresh lemon juice	1 (4.5-ounce) can chopped mild green chilies (½ cup)
½ cup water	
4 cloves garlic, peeled	

- Combine all the ingredients, except the chilies, in a blender, and blend on high until smooth and creamy, 1 to 2 minutes. Pour into a bowl and stir in the chilies. Cover and refrigerate until chilled before serving. Leftover hummus will keep in the refrigerator for up to 3 days.

► **Nutrition Note:** The hallmark of chili peppers is their fiery taste, which comes from a volatile phytochemical by the name of capsaicin. Capsaicin appears to have antioxidant, cancer-fighting, and heart-protective properties. Be warned, however, that capsaicin is so hot that a single drop diluted in 100,000 drops of water will actually blister your tongue. Surprisingly, chilies belong to the same genus as sweet peppers, *Capsicum*, the name obviously taken from the heat-generating compound, capsaicin. Sweet peppers are not hot, because they contain a recessive gene that just about eliminates the capsaicin. Besides their "fire," chili peppers tend to be longer and thinner than sweet peppers. See Nutrition Note for Chiapas Salsa (page 214) to learn more about chilies.

ANALYSIS FOR 1 SERVING:

¼ cup hummus

Calories: 146, Fat: 7.6 g, Total carbohydrates: 15.6 g, Protein: 5.9 g,
Dietary fiber: 5.4 g, Sodium: 182 mg, Net carbs: 11.1 g, Carb Choice: ¾