

Walnut Hummus

MAKES: 2 CUPS; 16 (2-TABLESPOON) SERVINGS

Toasted walnuts and walnut oil give this hummus a powerful nutty flavor, which is softened by a trace of orange zest. Served with Pita Chips (page 204), this is an outstanding party dip.

1/3 cup walnut halves and pieces

1 clove garlic

2 cups regular-sodium canned garbanzo
beans, drained

1/2 teaspoon grated orange zest

1/4 cup unsweetened orange juice

2 teaspoons walnut oil

2 teaspoons sesame oil

3/4 teaspoon salt

1/8 teaspoon cayenne pepper

- Preheat the oven to 350°F. Spread the walnuts on an unsprayed baking sheet and toast for 8 minutes, until golden brown. Immediately remove from the baking sheet and cool. Put toasted walnuts in a food processor or blender with the remaining ingredients, and process until smooth, 3 to 4 minutes. Transfer to a bowl, cover, and refrigerate until using. Leftovers may be refrigerated for up to 5 days or frozen.

- **Nutrition Note:** See Nutrition Note for Walnut Wheat Berries (page 72) to learn about walnuts and the Nutrition Note for Chunky Chickpea Spread (page 215) to learn about chickpeas.

ANALYSIS FOR 1 SERVING:

2 tablespoons

Calories: 59, Fat: 3.0 g, Total carbohydrates: 6.4 g, Protein: 2.2 g,
Dietary fiber: 1.7 g, Sodium: 140 mg, Net carbs: 4.7 g, Carb Choice: 1/3