

Lemon Dill Hummus

Prep: 20 mins. | Total: 20 mins.

Makes: 8 servings

Ingredients

- 1 (15 oz.) can chickpeas, *drained and rinsed*
- 1 Tbs tahini paste
- 1 lemon, *zested and juiced*
- 1 Clove garlic
- 1/4 cup olive oil
- 2 Tbs dill, *fresh, chopped*
- 1/4 cup scallions, *chopped*
- salt, *to taste*
- pepper, *to taste*



Per serving:

- C** 117 calories
- C** 9g carbohydrates
- F** 8.5g total fat
- P** 3g protein
- S** 70 mg sodium



Directions

Prep

1. Drain and rinse chickpeas.
2. Zest and juice lemon.
3. Chop dill, scallions, garlic.
- 4.

Make

1. Add chickpeas, tahini, 1 teaspoon lemon zest, juice of lemon [about 3 tablespoons], and garlic to a food processor. Pulse until combined.
2. Run processor while adding olive oil and continue running until hummus is smooth, stopping to scrape down sides. Taste and season with salt and pepper. Add more lemon juice if desired.
3. Add dill and scallions and pulse to combine. Do not run too long or the dip will turn green.
4. Serve with your favorite vegetables.