

**August 4, 2018**



## **HOLIDAY HORSERADISH HUMMUS**

It's garlic-free with a kick!

*Choose organic ingredients when available:*

- 2 cups cooked RTE Cuisine (recipe-ready) chickpeas
- 2 tablespoons jarred refrigerated prepared horseradish
- 3 tablespoons lemon juice (Juice from 1-medium lemon)
- 2 tablespoons tahini
- 2 tablespoons cold-pressed extra-virgin olive oil
- ½ teaspoon turmeric
- 1/8-teaspoon salt
- 1 tablespoon water

### **Garnish:**

- Extra cold-pressed extra-virgin olive oil for drizzling (optional)
- ¼ cup pine nuts, toasted (as garnish)

### **Directions:**

1. Set aside 2 tablespoons of chickpeas to be used later as a garnish.
2. In a food processor combine remaining chickpeas with rest of ingredients (not including the garnishes). Pulse until smooth about 2 to 3 minutes. If hummus is too thick, add a tablespoon of water.
3. Adjust seasonings as needed.
4. Garnish with olive oil, pine nuts and the 2 tablespoons of chickpeas that were set aside at the beginning.
5. Serve with toasted pita bread, whole grain crackers and/or crudité (assorted sliced raw veggies).

**Makes about 1 1/3 cups, serves 4 to 6.**

Bon Appetit!

### **Notes:**

- When buying prepared horseradish, choose a brand without added sugar and preservatives.
- Adjust the consistency (make it less thick) by adding more water, one tablespoon at a time.
- Hummus will keep for up to 1-week in a sealed container in the refrigerator.