



Catholic Health Initiatives

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Jalapeno Hummus

Serves 4

Prep time: 15 minutes

Ingredients:

16 oz. can chickpeas, rinsed and drained
¼ cup fresh lime juice
3 tbsp. tahini
3 garlic cloves, minced
Salt, a pinch
2 jalapeno peppers, cored and chopped
(or more to taste)



Anytime Snack

Directions:

Add chickpeas, lime juice, tahini, garlic and salt in a food processor or blender and puree until smooth. Add the jalapeno pepper a little at a time and puree, tasting between additions, to ensure the right flavor and heat for your taste.

Serve with fresh vegetables.

Harvest of the Month

jalapeno