



# Catholic Health Initiatives

*Imagine better health.®*

## Spicy Cilantro Hummus

Serves 8

Prep time: 10 minutes

### Ingredients:

- 15 ounces garbanzo beans
- ¼ cup tahini
- ¼ cup lime juice
- 2 cloves garlic
- ¼ cup water
- 2 tbsp. olive oil
- 1 tbsp. jalapeño, chopped
- ¾ cup cilantro
- 1 tsp. cumin
- ½ tsp. salt

### Directions:

Mix all ingredients in a food processor until smooth. Let chill for 1 hour.  
Serve with cold vegetables, pita wedges or tortilla chips.



*Anytime Snack*

Harvest of the Month  
*cilantro*