

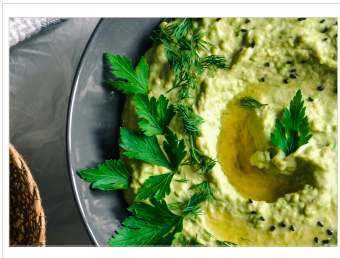
LEMON KALE HUMMUS

UNIVERSITY OF
MARYLAND
EXTENSION



Ingredients:

- 1 can chickpeas
- $\frac{1}{4}$ cup Greek yogurt or cottage cheese
- $\frac{1}{2}$ cup loosely packed kale leaves or arugula
- 2 cloves garlic
- $\frac{1}{8}$ cup extra virgin olive oil
- $\frac{1}{2}$ lemon juiced + zest of lemon *if using fresh*
- salt & pepper to taste



Instructions:

1. In food processor or blender, combine the chickpeas, yogurt (or cottage cheese), greens, and garlic.
2. On low speed, pour in olive oil as needed to reach a smooth consistency.
3. Add lemon juice, zest, salt & pepper and give one quick whirl to combine. Serve with fresh vegetables, pita, crackers, or use on a sandwich as a spread.

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