

Side

Herb Hummus

15 Mins
Prep Time

0 Mins
Cook Time

6
Servings

≡ 262 Calories 12g Fat 20g Carbs 8g Protein



Ingredients

4 Servings 15 Mins Total Time Allergens: Dairy

2 Cups Baby Spinach, **washed** ♡

1 Bunch Kale (about 2 Cups), **washed** and leaves removed from stems ♡

1 Large Bunch Fresh Basil, **washed** and leaves removed from stems

Juice from 1 Lemon

1 (12 oz) Can Chickpeas, drained and rinsed ♡

½ Cup Shredded Parmesan Cheese

½ Cup Extra Virgin Olive Oil, more if necessary

Salt and Pepper, to taste

Allergen Swap

Dairy Omit the cheese and replace with nutritional yeast

Nourishment Note



♡ Chickpeas

Chickpeas are a plant-based protein source. They provide fiber to help keep you full, help with digestion and may help reduce inflammation.



♡ Kale

Kale is rich in many nutrients including vitamin A, vitamin C and calcium. Kale may also help to reduce inflammation.



♡ Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with lupus. It also contains nutrients and vitamins that may help lower the risk of heart disease.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine in a Blender

To a blender or food processor, combine all of the ingredients except the olive oil and the salt and pepper.

3. Add Olive Oil

Blend on high. Drizzle in the olive oil, while blending. Stop the blender or food processor and scrape the sides of the container down, if necessary. Continue blending, adding more olive oil if necessary, until the mixture is smooth and spreadable, but not runny.

4. Season

Mix in salt and pepper to taste.

5. Enjoy in Many Ways

Enjoy on pizza, pasta, sandwiches, burger, fish or chicken.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Food Processor or Blender



Measuring Cups



Cutting Board or Knife



Rubber Scraper



Can Opener



Colander

Fatigue Buster

- Use baby kale instead of fresh kale on the stem.
- Use bottled lemon juice.