



**VETRI
COMMUNITY
PARTNERSHIP**

EAT. EDUCATE. EMPOWER.



MOBILE TEACHING KITCHEN

Hummus with Crudité

INGREDIENTS

- 2 – 15 ounce cans of **chickpeas**/garbanzo beans, drained and rinsed
- ¼ cup **olive oil**
- ¼ cup **water**
- 2-3 cloves **garlic**, finely minced
- 1 Tablespoon ground **cumin or paprika**
- Juice of 1 **lemon**
- **Salt** and **pepper** to taste
- **Various seasonal vegetables** (green beans, broccoli, cauliflower, peppers, carrots, celery, cucumber, snap peas, etc.)

DIRECTIONS:

1. Combine all ingredients in a food processor or used an immersion blender to puree until smooth.
2. Slice and chop the various vegetables.
3. Serve hummus with the vegetable crudité.



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