Classic Hummus Recipe

**SERVINGS: 12**  
  
**INGREDIENTS**

* 1 clove garlic, smashed and peeled
* 1-15 ounce can chickpeas, rinsed
* 3 tablespoons fresh lemon juice
* 3 tablespoons extra-virgin olive oil
* 1 tablespoon tahini
* 1/2 teaspoon salt

**INSTRUCTIONS**  
In food processor, chop garlic until finely minced. Scrape down the sides of food processor and add chickpeas, lemon juice, oil, tahini, and salt. Process until completely smooth, scraping down sides as necessary (1-2 minutes).   
  
**NUTRITION FACTS (2 tablespoons)**  
Calories: 72  
Fat: 4.5 grams  
Protein: 1.5 grams  
Carbohydrate: 7.5 grams  
Cholesterol: 0 mg  
Sodium: 149 mg  
Sugar: 0 grams