

Cooking in the Gesundheit Kitchen with Chef Hans Rueffert

Episode 2: Classic Hummus

Hummus was a go-to dish for me during my cancer recovery. It allowed me to incorporate an additional source of protein that was easier to digest than traditional protein dishes, and helped me get the calories needed to maintain my weight. It is a smooth, creamy spread dish with lots of flavor and primarily made with Garbanzo beans or chickpeas.

Tahini is a typical ingredient, but my version uses almond or peanut butter for added protein.

Hummus is a very versatile dish that allows you to be as creative with it as you like.

Serves 4-6

MAIN INGREDIENTS

- 1 can chickpeas (15 oz.), drained and rinsed*
- ½ cup almond or peanut butter (alternative to Tahini)
- 2 fresh garlic cloves, minced
- 1 cup plain Greek yogurt
- Juice of one lemon (optional)
- 1 teaspoon toasted sesame oil
- 1 teaspoon Garam marsala
- Salt and black pepper to taste

DIRECTIONS:

Place all ingredients into the food processor. Blend to your desired consistency. Taste for flavors and adjust salt and pepper as needed.

SERVING SUGGESTION

Hummus is a perfect dish on its own with seasonal vegetables, as a fancy crudité, a sandwich spread, or even on a pizza! It's a blank canvas, allowing you to add whatever you like, and it is the perfect healthy dish to add to your plant based diet.

TIP: Garam Marsala is a spice blend common to India, primarily consisting of peppercorns, cinnamon, cloves, nutmeg, cardamom, mace, bay leaf, and cumin.