



TOASTED WALNUT HUMMUS



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Recipe by **Alisa Demarco**

INGREDIENTS

- ½ C California walnuts
- 3 Tbsp Walnut oil
- 1 Garlic clove, quartered
- 1 14-ounce can chickpeas or garbanzo beans, drained and rinsed
- ½ tsp Orange zest
- ¼ C Orange juice
- 1 tsp Salt
- ¼ tsp Black pepper

PREPARATION: 5 minutes **COOK:** 8 minutes **TOTAL TIME:** 13 minutes **SERVINGS:** 8

DIRECTIONS

1. Toast walnuts in 350°F oven for 8 minutes or until golden brown. Cool to room temperature.
2. Combine toasted walnuts with oil and garlic and purée in food processor or blender.
3. Add chickpeas, orange zest, orange juice, salt and pepper. Continue to blend to an even, smooth consistency. Adjust seasoning if necessary.
4. Serve hummus in small serving bowl alongside toasted pita bread or a variety of colorful raw vegetables.

Nutrition Information Per Serving: 170 calories, 11g total fat, 0g saturated fat, 0mg cholesterol, 400mg sodium, 13g carbohydrates, 4g dietary fiber, 5g protein



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