



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Creamy Avocado Hummus*

Makes ~2 cups

### **Ingredients:**

1 large ripe avocado  
2 cans organic chickpeas  
½ cup tahini paste  
¼ cup extra-virgin olive oil  
1 cup fresh cilantro leaves  
½ cup fresh lime juice  
1 large garlic clove  
½ teaspoon salt  
¼ tsp ground black pepper  
¼ teaspoon ground cumin  
Optional: Additional fresh cilantro and toasted pumpkin seeds (for garnish), fresh cut vegetables and whole grain pita chips for dipping.



### **Directions:**

1. Using a food processor or high-speed blender, mix avocado, chickpeas, tahini, lime juice, garlic, salt, pepper, cumin, and 1 cup cilantro until smooth (~about 1 minute).
2. With the motor running, add olive oil and continue to blend until hummus is very light and creamy, about 1 minute longer
3. Transfer hummus to a shallow bowl. Optional: Top with pumpkin seeds and cilantro,
4. Serve with 100% whole grain pita chips and fresh vegetables of choice.

### **Nutrition Tips:**

1. Chickpeas and other legumes are an excellent source of soluble-fiber, which when consumed regularly may help to reduce LDL (bad) cholesterol levels.
2. You can make this ahead and store in an airtight container a few days ahead. Cover the surface with plastic so the avocado does not cause the hummus to turn brown.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.