



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



White Bean and Fresh Herb Hummus

Makes ~2 cups

Ingredients:

2, 15-ounce cans cannellini beans (rinsed and drained)
1 lemon (juiced)
2 cloves garlic
¼ cup extra-virgin olive oil
½ cup fresh basil leaves (chopped)
½ cup Fresh parsley (chopped)
½ tsp salt
¼ tsp ground black pepper
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 all hummus ingredients except olive oil for about 1 minute.
2. With the motor running, stream olive oil and continue to blend until hummus is light and creamy (~1 minute longer).
3. Transfer hummus to a shallow bowl. 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.

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.