



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Kalamata Olive Hummus

Serves 8-12

Ingredients:

- 1 15-oz canned chickpeas (drained and rinsed well)
- 1 ½ cups kalamata olives (rinsed and pitted)
- 1-2 garlic cloves
- ¼ cup olive oil
- ½ cup tahini
- ½ tsp salt
- ¼ tsp black pepper
- Optional: vegetables and whole grain crackers for dipping



Directions:

1. Combine all ingredients in the food processor.
2. Blend for 1 minute. Scrape down sides of food processor and blend for an additional minute or until smooth.
3. Serve with fresh mixed vegetables and whole grain crackers of your choice

Nutrition Tips:

1. Hummus is made from chickpeas, an excellent source of plant-based protein and fiber. Consider incorporating hummus into your diet as a dip for snacks and appetizers, spread on a sandwich, or scooped on top of a salad.
2. Olives are a fantastic source of antioxidant and anti-inflammatory nutrients.
3. This hummus recipe can easily be doubled, stored frozen in a small container, and defrosted later for consumption.

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.