



A RED SOX FOUNDATION AND
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



Lemon Turmeric Hummus with Fresh Vegetables and Whole Grain Crackers

Serves 8

Ingredients:

- 1 15-oz canned chickpeas (drained and rinsed well)
- 1-2 garlic cloves
- ¼ cup olive oil
- ½ cup lemon juice
- ½ cup tahini
- 1 tsp turmeric powder
- 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. Turmeric is commonly used in Asian cuisine, giving a bright orange/yellow color to foods such as curries. Turmeric powder is rich in a chemical called curcumin, known for its anti-inflammatory, antioxidant, anti-fungal, and anti-bacterial properties.
3. When incorporating turmeric in recipes, include a small amount of black pepper (1/8-1/4 tsp), as studies show the active component in turmeric (curcumin) is more readily absorbed and utilized within the body when combined with black pepper rich in piperine.
4. 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.