

Caramelized Onion Hummus



Servings: 6

1 large onion, sliced
2 teaspoons olive oil
1 can chickpeas (16-oz)
1/4 cup liquid from chickpea can
1 lemon, zested and juiced
1 1/2 tablespoons tahini
2 garlic cloves
2 tablespoons olive oil
salt and pepper, to taste

Heat olive oil in a frying pan over medium-low heat. Add sliced onions with a pinch of salt. Stir frequently so the onions caramelize evenly. Once the onions are browned remove from the heat and allow to cool.

To a food processor add chickpeas, chickpea liquid, lemon zest and juice, tahini, garlic, olive oil, caramelized onion, salt, and pepper. Blend until smooth

Serve with pita bread, chips, or vegetables.

Per Serving (excluding unknown items): 94 Calories; 8g Fat (72.8% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 26mg Calcium; trace Iron; 75mg Potassium; 42mg Phosphorus.
Exchanges: .