

123 Holiday Hummus ©

Makes 4 ½ cups

Ingredients:

1/4 cup olive oil, divided
1/2 cup shallots, minced
1 clove garlic, minced
1 jalapeno, sliced (optional)
1 – 10oz bag organic edamame, shelled
1 – 15oz can garbanzo beans, rinsed and drained
1 avocado, ripe
2 T apple cider vinegar
1/4 cup water
1 tsp sea salt
1/4 tsp black pepper
3/4 cup grape tomatoes, halved
1/2 cup scallions, sliced

Directions:

1. Preheat a saucepan to medium. Add 2 T oil, quickly followed by the shallots, garlic, jalapeno and edamame. Sauté 3 to 4 minutes until softened. Allow to cool slightly.
2. Place all ingredients except tomatoes and scallions in a food processor. Puree until smooth.
3. Add tomatoes and scallions. Pulse to combine leaving chunky bits.

The Details: (1/2 cup serving) *Calories: 141kcal; Protein: 7.3g; Fats: 12g; Carbohydrates: 16.7g; Dietary Fiber: 5.4g*

Eye Health Highlights: *avocado*-dietary fiber, vitamin E; *jalapeno*-vitamins A, B6, B12, C, lutein+zeaxanthin; *shallots*-vitamin A, B6, allicin; *garlic*-vitamins B6,C, selenium; *edamame*-protein, dietary fiber, vitamin C, folate, zinc; *garbanzo beans*-vitamin B6, folate, zinc; *tomatoes*-vitamins A, C, lycopene; *scallions*-vitamins A, C, lutein+zeaxanthin, folate