How about Hummus?

Have you heard the hummus hype? A staple of Middle Eastern cuisine, hummus is typically a combination of cooked ground chickpeas, olive oil, lemon juice, tahini (sesame seed paste), salt and garlic. This tan-colored spread may not catch your eye right away, but will certainly tantalize your taste buds and add a nutritional bonus to your meal with its high protein and fiber content. Keep reading below to learn about the nutritional benefits of hummus, and many ways to enjoy it in the dining hall.

**Chickpeas**
This legume is the main ingredient in hummus. It is a plant-based source of protein and dietary fiber.

**Lemon Juice**
Hummus typically contains lemon juice in small amounts. A whole raw lemon provides over 100% of Vitamin C daily requirements. Vitamin C has an important role in immune function, and helps the body absorb non-heme iron, the type found in plant-based foods.

**Olive Oil**
Olive oil is comprised mainly of healthy monounsaturated fat. Studies have shown that olive oil consumption can help to reduce risk of cardiovascular disease.

**Tahini (sesame seed paste)**
Tahini is used as an ingredient in other popular foods from around the world, including halva and baba ghanoush.

**Did You Know?**
Hummus comes in a variety of flavors that can be used at every meal. Try a plain variety on toast for breakfast, red pepper on a wrap for lunch, garlic on the side at dinner, and even chocolate hummus on a banana for dessert!

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