



Elliott Evans Nutrition, LLC
Prevent and Protect
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LEMONY WHITE-BEAN HUMMUS

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- 1 can (15-ounces) white beans, such as cannellini, drained, 2 tablespoons liquid reserved**
 - ¼ cup tahini**
 - 1/3 cup fresh lemon juice (from 2 lemons)**
 - 2 tablespoons extra-virgin olive oil**
 - 1 small garlic clove**
 - coarse salt**
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- Puree beans, tahini, lemon juice, oil, and garlic in a food processor until smooth, adding reserved bean liquid as needed to thin hummus to attain desired consistency.**
 - Season generously with salt. Hummus can be refrigerated up to 2 days.**