

Spicy Watermelon Hummus

Try this sweet-savory dip with pita, chips, or veggies for your next snack!

Makes: 6 servings

Prep Time: 10 minutes

Source: <https://www.watermelon.org/recipes/spicy-watermelon-hummus/>

Ingredients

- 1 large garlic clove
- 2 heaping tablespoons diced red onion
- 1/4 cup chopped fresh parsley
- 1/3 cup watermelon juice (liquefy watermelon in a blender)
- 1 tablespoon extra virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1/2 teaspoon lemon peel
- 1/4 teaspoon each: ground cumin, coriander, ground ginger, paprika, and turmeric
- 1 15-ounce can chickpeas (garbanzo beans), drained and washed
- Dash salt & pepper to taste
- 1/4 cup diced watermelon
- dash parsley sprigs

Directions

1. Mince garlic in a food processor. Add onion and parsley and blend until fully minced. Add rest of ingredients and blend until smooth.
2. Refrigerate for at least half an hour to allow flavors to blend. Garnish with diced watermelon and parsley sprigs. Serve with pita bread, baked chips, or baby carrots.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1

Nutrients	Amount
Calories:	110
Total Fat:	3 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	240 mg
Total Carbohydrates:	18 g
Dietary Fiber:	3 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein:	4 g

Utensils Needed

- Food processor or Blender
- Measuring utensils
- Cutting board
- Colander
- Knife
- Grater
- Spatula or Spoon
- Serving bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$8.21

Average cost/serving: \$1.37

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Garlic



Add 1 to Cart
Red Onion



Add 1 to Cart
Watermelon



Add 1 to Cart
Parsley



Add 1 to Cart
Lemon



Add 1 to Cart
Chickpeas

SAVE TIME, SAVE MONEY

My Cooking Notes