



Check out "Healthy Dish" columnist Michelle Dudash's low-fat recipe for red lentil hummus. H2.



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## SECTION H

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## Healthy hummus made every which way

**M**y husband and I eat hummus every single day. Even my 3-year-old devours it.

Why is hummus so healthy? Just look at the ingredient list. It typically reads: cooked chickpeas, olive oil, tahini (sesame seed paste), lemon and salt. There might be a preservative to extend shelf life.



**MICHELLE DUDASH**

HEALTHY DISH

Michelle Dudash of Scottsdale is a registered dietitian, chef and author of "Clean Eating for Busy Families." Find a link to her blog, Dudash's Healthy Dish, at azcvoices.com.

### Red Lentil Hummus With Cumin and Sriracha

From Michelle Dudash

½ cup dry skinless red lentils



You can adjust the heat of red-lentil hummus with cumin and Sriracha by adding more chile sauce.

MICHELLE DUDASH

- 1½ cups vegetable broth
- 2 cloves garlic, smashed and peeled
- 2 teaspoons nutritional yeast seasoning (available in the natural-foods section)
- ½ teaspoon ground cumin
- 1 tablespoon tahini (can substitute unsweetened almond butter)
- ¼ teaspoon Sriracha chile sauce, or more to make it spicier (optional)
- ½ teaspoon liquid amino acids or reduced-sodium soy sauce
- 5 teaspoons lemon juice
- Pinch of salt
- Pinch of white pepper
- 2 tablespoons extra-virgin olive oil

Rinse lentils under cold running water and drain well. Place lentils in a pot and add broth and garlic. Bring to a boil on high heat, then reduce heat to low and simmer 20 minutes, until lentils become soft, no chalkiness remains and they have absorbed most of the liquid. Cool slightly.

Place cooked lentils and garlic, nutritional yeast, cumin, tahini, Sriracha, amino acids, lemon juice, salt and pepper in a food processor and run until smooth. Drizzle in olive oil with the motor running.

Spoon hummus in a serving dish or container. If desired, drizzle with paprika or additional oil or cumin. Serve with dipping vehicles of your choice. My favorites include whole-wheat pita chips or crackers, whole-grain tortilla chips or vegetable crudites like baby carrots, celery sticks, sugar snap peas and cherry tomatoes.

Makes 9 servings.

Per servings: 81 calories, 4 g total fat (0 saturated fat, 0 trans fat), 128 mg sodium, 0 cholesterol, 8 g total carbohydrate (3 g fiber), 3.5 g protein.