

Hummus and Tzatziki

Quick, healthy and refreshing snack or summer meal.
Serve with fresh veggies and pita or naan bread

Hummus

Serves: 2 adults and 4 kids

Time: about 10 minutes

Ingredients

1 can garbanzo beans (chickpeas)

1-2 garlic cloves

¼ cup good quality olive oil (or canola oil)

¼ teaspoon salt

½ teaspoon cumin

Juice from ½ of a lemon

1. Drain garbanzo beans.
2. Peel garlic
3. Add ingredients to a blender and blend until it forms a thick paste.
4. Add water to make it creamier if you like it creamier (I usually add about ½ cup water).
5. Serve with fresh veggies and pita bread.



Tzatziki

Serves: 2 adults and 4 kids

Time: about 10 minutes

Ingredients

½ cup lowfat greek yogurt

½ cup sour cream

2 Tablespoons olive oil

2 teaspoons dry dill weed (not dill seed!) - you can use 2 tablespoons fresh dill leaves instead

1 garlic clove, mashed

Juice from ½ of a lemon

¼ teaspoon salt (add more at the end if you want it saltier)

1 cucumber (preferably english, but regular is fine)

- Peel cucumber. Cut in half lengthwise and scoop out seeds. Cut into squares as small as you can make them. Place in a bowl
- Peel garlic. Chop as finely as you can and mash with the side of your knife to make a paste. OR use a garlic press to press the garlic.
- Cut lemon in half, juice into a separate container so you can fish out the seeds.
- Combine all ingredients into a medium sized bowl and stir.
- Serve with fresh veggies and pita bread.

Bonus recipe!

We aren't giving you the ingredients for this, but I make a batch of this every week and serve it with tzatziki and hummus!

Tabouleh

Serves: 2 adults and 4 kids

Time: about 10 minutes

salad:

1/2 cup bulgur wheat

1 cup water

1 red bell pepper (or 2 big tomatoes)

1 cucumber (preferably english, but regular will work)

1 bunch parsley

3 green onions

dressing:

1/4 cup olive oil

Juice from 1 lemon

1/4 cup fresh mint, chopped

1 teaspoon cumin

1/2 teaspoon salt

1/4 teaspoon black pepper

- Boil 1 cup water in the microwave. Pour over bulgur wheat in a bowl. Put a plate over the top of the bowl. Set aside - let the bulgur absorb the water while you prepare the other ingredients.
- Cut cucumber in half lengthwise and scoop out seeds. Cut into squares as small as you can make them. Place in a bowl (different bowl from the bulgur)
- Cut bell pepper (or tomato) into squares the same size as the cucumber. Place in the same bowl as the cucumber.
- Chop parsley and green onions, place in the bowl with cucumber and bell pepper.
- In a separate bowl, make the dressing by combining the olive oil, lemon juice, mint, cumin, salt and black pepper.