



Caramelized Onion Hummus

Yield: 8 servings

Ingredients

- 2 cups thinly sliced onion
- 1 tablespoon balsamic vinegar
- 15 ounces canned chickpeas,
low or no salt added
- ¼ cup lemon juice
- 2 tablespoons tahini
- 1 teaspoon minced garlic
- ½ teaspoon kosher salt
- ½ teaspoon ground black pepper

Instructions

1. Heat a large nonstick sauté pan over medium heat and add onions, cook about 15 minutes until very soft and caramelized, adding small amounts of water if they start to stick.
2. Once onions are caramelized add balsamic vinegar and cook until reduced. Set mixture aside to cool slightly.
3. In a small food processor add rinsed and drained chickpeas, process until finely chopped or beginning to get smooth.
4. Add lemon juice, tahini, garlic, salt and pepper and process until smooth, adding small amounts of water if needed.
5. Add ½ of the cooked onions and process until smooth. Top hummus with remaining cooked onions and serve.

Nutrition Information

Serving Size: ¼ cup
Calories: 92
Total Fat: 3 g
Monounsaturated Fat: 1 g
Polyunsaturated Fat: 1.3 g
Saturated Fat: 0.4 g
Sodium: 197 mg
Total Carbohydrate: 13 g
Dietary Fiber: 3.4 g
Sugars: 3.6 g
Protein: 4 g

Source: Spectrum Health

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