



Healthy Hummus Garden Salad

- 1 (16 ounce) can chickpeas or garbanzo beans with liquid
- 2 Tablespoons olive oil
- 2 teaspoons lemon or orange zest
- 3 Tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon fine sea salt, optional
- 1 teaspoon dried dill
- 1 teaspoon sumac
- 1 or 2 medium sized zucchinis, slant sliced
- 1 large carrot, grated
- 1/4 or 1/3 fresh thyme sprouts

- Drain chickpeas; set aside about 1/3 cup liquid (called aquafaba).
- Place chickpeas in food processor, add olive oil, zest, tahini, cumin, coriander, sea salt if desired, dill, and sumac; pulse and puree until mixture is smooth and whipped.

- Add the reserved aquafaba liquid about 2 Tablespoons at a time; process until desired consistency and texture.
- To Serve: Place sliced zucchini around the sides of a large plate. Arrange the grated carrots around the inner edge of a medium to small bowl; spoon the hummus in the center; top of a small amount of thyme sprouts.

Serves: 4

Cook's Note: If you love lemon juice in your hummus, you can use a small amount since it would be neutralized by the chickpeas, aquafaba, and tahini. Also, other herbs like parsley or thyme can be used in place of dill and various sprouts, like radish sprouts, can be used on the top as garnish. We used Soom Premium Tahini when we made this salad.

Recipe Inspired by: *Dr. Koufman's Acid Reflux Diet, 2021.*

About the Recipe: Forget the acids, preservatives, and raw strong garlic that is used in commercial hummus products. Try this eye-catching healthy salad dish, filled with fresh crunchy carrots and slices of slant sliced zucchini. It's a wonderful combo to serve as a lunch dish.