

# Homemade Hummus Topped with a Simple Israeli Salad

Yield: 7 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-hummus-recipe-canned-chickpeas>

## Ingredients:

- canned chickpeas or Garbanzo beans
- sesame seed paste Tahini -, found in the grocery in either ethnic foods, or with the condiments
- olive oil
- garlic
- lemon juice
- cumin
- Sriracha optional for heat
- pepper
- salt
- roasted red bell peppers
- avocado
- black beans instead of chickpeas
- eggplant
- sun dried tomatoes
- sweet potatoes mashed
- fresh spinach
- feta cheese
- lemon
- cilantro
- 15 ounces chickpeas rinsed and drained
- 1 cup Tahini ground sesame paste
- 1/2 cup freshly squeezed lemon juice
- 3 tablespoons chopped garlic
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon Sriracha
- 2 tablespoons olive oil
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper
- 1 English cucumber large, unpeeled, halved, and diced
- 2 cups cherry tomatoes halved or quartered
- 3/4 cup red onion diced

- 1/4 cup lemon juice
- 1/3 cup olive oil
- naan bread Toasted, for serving

## **Nutrition:**

1. Calories: 590 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 5 milligrams
4. Fat: 37 grams
5. Fiber: 13 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 1820 milligrams
9. Sugar: 10 grams

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