



Chef John's Green Hummus

Ingredients:

1/3 cup firmly packed fresh basil leaves
4 cloves garlic, chopped
1 tablespoon lemon juice, or to taste
3 tablespoons olive oil, divided
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can white beans, drained
Salt and ground black pepper to taste

Instructions:

Bring a small pot of water to a boil; add the basil and cook uncovered until bright green, about 20 seconds.

Immediately plunge basil in ice water until cold. Squeeze basil to remove excess moisture and pat dry with a paper towel.

Put basil, garlic, lemon juice, 1 tablespoon olive oil, garbanzo beans, and white beans, salt, and black pepper, respectively, in a blender. Cover and blend until almost smooth; add remaining 2 tablespoons olive oil and puree until smooth.

Nutritional Information:

- **Servings: 25 (2T)**
- Calories: 86 kcal
- Fat: 2.05 g
- Saturated Fat: 0.28 g
- Cholesterol: 0 mg
- Sodium: 28 mg
- Carbohydrates: 12.73 g
- Fiber: 3.2 g
- Sugar: 0.79 g
- Protein: 4.72 g