

Healthy Eating

Healthy, Delicious Hummus

(NAPSA)—What do you get when you cross healthy with delicious? The answer for many is hummus, a smooth, creamy spread made from low-fat, delicious pureed chickpeas.

The classic recipe for hummus is chickpeas plus garlic and tahini (ground sesame seeds), but there are many tasty variations.

For example, Sabra offers mouthwatering flavors such as roasted pine nuts, roasted red



If you're looking for a tasty lunch to go, pack a single serving hummus flavor with pita or cut up vegetables.

pepper, roasted garlic, lemon, jalapeño, sun-dried tomato, caramelized onion and Greek olives.

Besides making a great dip with chips, hummus can be used as a low-calorie, healthy alternative for mayonnaise on wraps and sandwiches. Single serving sizes mean the spread can also form the basis of a tasty lunch. Pack it up with pita, low-fat pretzels, baby carrots or cucumber slices. For more information, visit www.sabra.com.