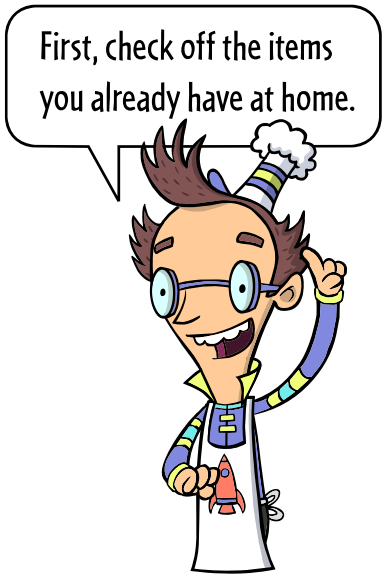
SHOPPING LIST

Hummus & Tortilla Chips

- [ ] Chickpeas
- [ ] Tahini
- [ ] Lemon Juice
- [ ] Extra-Virgin Olive Oil
- [ ] Garlic
- [ ] Ground Cumin
- [ ] Kosher Salt
- [ ] Fresh Basil
- [ ] Whole-Wheat Flour Tortillas
- [ ] Canola or Vegetable Oil



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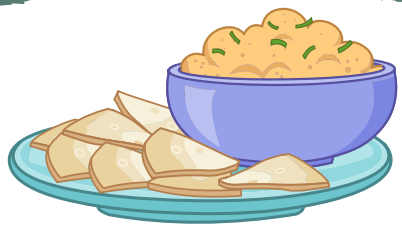
Professor Fizzy presents

SNACKS

FIZZY'S LUNCH LAB

Hummus & Tortilla Chips



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	6
YES	Under 30 min.	Medium	

YOU WILL NEED

TO MAKE THE HUMMUS

- **1** (15 ounce) can chickpeas, rinsed and drained
- **¼ cup** tahini
- **3 tablespoons** fresh lemon juice
- **1 tablespoon** extra-virgin olive oil
- **2** garlic cloves, crushed
- **½ teaspoon** ground cumin
- **½ teaspoon** kosher salt
- **½ cup** coarsely chopped fresh basil

TO MAKE THE TORTILLA CHIPS

- **4** (8-inch) whole wheat flour tortillas
- **1 teaspoon** canola or vegetable oil
- **¼ teaspoon** kosher salt

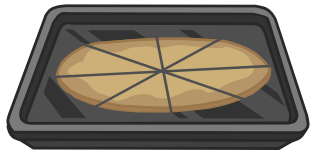
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

An additional ½ cup of chopped basil, cilantro, scallions or chives may also be added to the hummus if desired. Corn tortillas may be substituted for the whole wheat tortillas.

STEP 1: For the hummus: Combine the chickpeas, tahini, lemon juice, oil, garlic, cumin, and salt in the bowl of a food processor and process until smooth. Add the basil and process briefly until incorporated. Transfer to a serving bowl and serve immediately, or cover and refrigerate up to 2 days.

STEP 2: For the tortillas: Adjust the oven rack to the middle position and heat the oven to 425°. Using your hands, rub each tortilla with the oil and sprinkle with salt. Cut each tortilla into 8 triangles and place on a baking sheet. Bake until lightly golden, about 5 minutes. Set aside to cool, and serve with the hummus.



Nutrition Facts

Serving Size 4 Tablespoons (85g)
Servings Per Container

Amount Per Serving	
Calories 160	Calories from Fat 80
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 340mg	**14%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**12%**
Sugars 0g	
Protein 5g	
Vitamin A 4% • Vitamin C 10%	
Calcium 4% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4