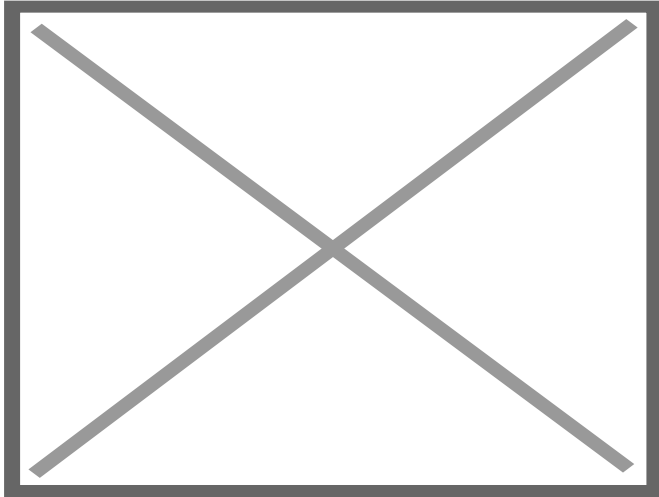




Spring Herb Hummus Vegetable Garden

Jacob · 28/09/2024



Prep Time

6

Difficult

Medium

Servings

6 servings

Description

Vegetable platters need not all look the same. Here, fresh spring vegetables sit in an herb-laced hummus to resemble a spring garden in full bloom. My kids loved plucking the crisp vegetables from the garden so much so that I think they forgot that they were filling themselves up with such a healthful snack.

Ingredients

- 2 (15 ounce) cans chickpeas (garbanzo beans)
- drained and rinsed - ½ cup tahini - ½ cup water - 1 lemon
- zested and juiced - ¼ cup chopped fresh basil - ¼ cup chopped fresh parsley - ¼ cup chopped fresh chives - ¼ cup chopped fresh mint - 1 clove garlic
- peeled - ½ teaspoon salt - 6 small carrots with greens still attached
- or as desired - 6 sugar snap peas
- or as desired - 6 fresh asparagus
- or as desired - 6 radishes with greens
- halved
- or as desired - 6 small stalks celery hearts with leaves
- or as desired

Instructions

1. Blend chickpeas
2. tahini
3. water
4. lemon zest
5. lemon juice
6. basil
7. parsley
8. chives
9. mint
10. garlic
11. and salt in a blender until smooth. Spread hummus in a 2-inch deep baking dish. Arrange carrots
12. sugar snap peas
13. asparagus
14. radishes
15. and celery in neat rows in the hummus to resemble a garden. Cook's Note: Feel free to use your favorite dip here just so long as it's thick enough to help the vegetables stand. It should be at least 1-inch thick in the pan to support the vegetables. Taste hummus after blending and add more salt or lemon juice
16. if you'd like. Use any variety of fresh herbs in place of the ones listed here. Use fresh vegetables of varying heights
17. textures and color. My favorites are slender carrots with a bit of their greens still attached
18. snap peas
19. radishes cut in half with their greens
20. asparagus tops (great raw or you can blanch if you'd like)
21. celery (the interior stalks with the leaves are my favorite)
22. and small peppers.