

RECIPE | TOMATOES

LOADED HUMMUS

WITH CHERRY TOMATOES ON-THE-VINE



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INGREDIENTS

For the Toppings

- 1 cup Pure Flavor® RedRoyals Cherry Tomatoes on-the-Vine, halved
- ¼ cup feta cheese, crumbled
- ¼ cup Kalamata olives
- ¼ cup Castelvetrano olives
- ¼ cup fresh parsley
- ¼ cup pine nuts
- 1 tbsp cayenne pepper
- 1 tbsp cumin
- Extra virgin olive oil as preferred

For the Hummus

- 30 oz of chickpeas, drained and rinsed
- ½ cup tahini
- ¼ cup fresh lemon juice
- ¼ cup cold water
- 1-2 medium cloves garlic roughly chopped
- ½ tsp ground cumin
- ⅓ tsp cayenne
- ½ tsp salt

DIRECTIONS

1. In a blender, add all of the hummus ingredients except the toppings. Blend on high until smooth (40-50 seconds).
2. Spread into large bowl or dish and add toppings.
3. Serve with crackers, pita bread, or flat bread.



TOTAL TIME

20 minutes

PREP TIME

20 minutes

COOK TIME

N/A

SERVES

4

COOKING LEVEL

Easy