



BROOKLYN_BORN

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10 days of hummus

Friday, February 07, 2014

Last week I wrote about Mastering "new technology" (my food processor)

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[al.asp?blog_id=5609884](http://www.sparkpeople.com/mypublic_journal_individual.asp?blog_id=5609884)

which produced this



According to the recipe, this is 10 servings. DH thought it looked gross and wouldn't eat it. I think it tastes great (black beans, onion, green pepper, cumin and garlic). Nothing bad in there. So I figured I would eat 1/10 of it every day.

Today is day 10 and this is what's left.



Even with generous servings I'll be eating this through Sunday.

Hey, a new song – The twelve days of hummus

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On the first day of hummus I ate it with some carrots
On the second day of hummus I ate it with some celery
And so on...

I wonder if I can think of 10 other scooping vegetables.
Or next time I'll just cut the recipe in half.

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SMILES4383

Hummus is WONDERFUL.
So many different ways to eat ...so many different legumes to utilize.

v



GO, GO, GO, GO
2681 days ago



BOPPY_

Anything good that many days in a row can get "old"!

v

I suggest you at *least* half the recipe -- especially if YDH ain't "buying" it! 😏

2682 days ago



CD13509833

Sounds yummy.

v

Jicama is a great dipping vegetable. I actually bought one for the 1st time the other day. Not necessarily sure how to cut it. :)

2682 days ago



LULUBELLE65

I make a great black bean hummus. I could easily eat all 10 servings in a week. It's great as a spread on sandwiches in place of mayo, it's good as a veggie dip. I eat it on crackers for a snack, or add some liquid and turn it into a salad dressing....

2682 days ago

v



GINIEMIE

I'm not fond of hummus. Black bean hummus sounds interesting, but by the look of the amount I don't think I'll make it. I'm not sure what to do with even half of it if I don't like it. Erik likes regular hummus, but I'm not sure about this. No green peppers for me, I'll be sick for a few days. I've tried regular hummus-not a fan- with celery, carrots, red peppers, cucumbers and broccoli stems.

I think I'd rather put garbanzo beans in my salad. No if you invited me over I'd try it then I'd know whether it would be worth the effort and the expense.



2682 days ago

v



TINAJANE76

I LOVE hummus too! My favorite is cilantro jalapeño and I especially love it in a breakfast wrap with egg whites. Yum!!!

2682 days ago

v



IFDEEVARUNS2

I would have gone through it in 5 days! It's great on salads.

2683 days ago

v

RWETHAIRYET

Almost every time I try something new for "us" I end up eating (or freezing portions of) it for the next 14 days, ha ha...so I understand.

v



Does look good.
2683 days ago



CD13758606

v

Hehehe



How could you go wrong eating a snack with black beans as the main ingredient?

Go for it.

2683 days ago



PHOENIX1949

v

Could you have frozen some to enjoy at another time? My one trial with hummus using garbanzo beans and a SP recipe went down the disposal. A rare food that neither of us liked.
2683 days ago



DR1939

v

I'm allergic to beans so I've never had hummus. Wear Red Today!
2683 days ago



KANSASROSE67

v



2683 days ago



CD13099273

v

lol - Looks delicious - I have never prepared hummus before so now I know to cut back on the recipe :)
2683 days ago



JOYNEW

v

Yeah it doesn't look super appetizing but I bet it tastes great -- AND nutritious too!
2683 days ago



MISCHAKEO

v

Red peppers are good with humus. You might be able to freeze that! Your song was cute. I love humus also.



2683 days ago



JSTETSER

v

I will try otaku it.
I got a food process red for my birthday.
2683 days ago



CD10259955

v

I'm sure the pics don't do it justice! I also took advantage of the BOGO sale at our store this week and tried some different flavors! Love them all!
2683 days ago



LEWILL1982

v

I love hummus, it was bogo at the store this week, I was so excited! That looks great!
2683 days ago



ANNIEONLI

v

Love hummus!!! Especially the kind you made! Nicely done!!!



And I probably would have had that done by day 7
2683 days ago

ONEKIDSMOM

v

LOL... I do that with lyrics, too! Glad you aren't getting bored by it, but choosing amusing



instead! 😊
2683 days ago



CD12521021
Funny song - interesting looking hummus. I'll have to give it a try.
2683 days ago

v

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