



brought to you by the BPS Farm to School Initiative. Feel free to take this recipe home to share with your family. Keep an eye out for locally-grown produce served every week on Local Lunch Thursdays.

Homemade Hummus

Yields: 8 servings (2 oz servings)

Ingredients	Quantity
15 oz can of chickpeas	1
Salt	1/2 tsp
Fresh Garlic	1 tsp
Fresh Lemon Juice	2 Tbsp
Vegetable Oil	3 Tbsp
Water (from chickpeas)	2 Tbsp
Ground Cumin	1/4 tsp

1. Drain Chickpeas, reserving water, Rinse chickpeas well.
2. Combine chickpeas, salt, garlic, lemon juice, oil, 2 Tbsp of chickpea water and ground cumin in a large bowl.
3. Working in batches, puree the mixture in a food processor until smooth.
4. Refrigerate until ready to eat.

Enjoy this hummus as a dip with fresh cut carrots or other veggies!

For more info about BPS Food and Nutrition Services, check out our blog at <http://schoollunchboston.wordpress.com>.

CARROTS

Locally Grown Produce Brought to You by BPS Farm to School Initiative



NUTRITION FACTS



Contains beta carotene which boosts the immune system



Beta carotene converted to Vitamin A promotes healthy eyesight



Can reduce blood cholesterol by up to 11%



Contains falcarinol, which has been shown to reduce colon cancer

FUN FACTS

ORANGE YOU COLORFUL?

Until the 16th century, carrots were purple, red, white and yellow, but never orange. Dutch growers created the first orange carrot in the 1600s by breeding red and yellow carrots together

CARROTS IN KABUL

Carrots are originally from Afghanistan

CHIP OFF THE OLD BLOCK

Baby carrots come from larger carrots that are peeled and trimmed to 1 1/2 to 2 inches and packaged

ONLY SKIN-DEEP

15% of the nutrients in a carrot are in its skin, so scrub instead of peeling

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