

Smoky Little Angels

Ingredients:

1 (15-ounce) can salt-free chickpeas
2 large cloves garlic
2 tablespoons fresh lemon juice
1½ tablespoons spicy brown mustard
Freshly ground black pepper
¼ teaspoon salt
1 cup chopped green onions
2 teaspoons Dijon mustard, or to taste
Zest of 1 lemon
1 ½ to 2 additional tbsps fresh lemon juice
½ teaspoon ground turmeric
12 small red potatoes
Pinch of smoked paprika
1 green onion, finely sliced
Green Onion Hummus



Nutrition Facts

24 servings per container
Serving size 1 serving (110g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 420mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Combine the chickpeas, garlic, lemon juice, mustard, pepper to taste, salt, and 2 tablespoons water, and process until uniformly smooth.
2. In a small bowl, stir together the hummus, green onions, Dijon mustard, lemon zest, additional lemon juice, and turmeric.
3. Store in an airtight container until ready to use.
4. Set a steam basket in a saucepan and add about 2 inches of water. Bring to a boil over high heat; then place the potatoes in the basket and steam for about 20 minutes. Plunge them into cold water in a big bowl.
5. Slice each potato in half. With the small end of a melon-baller or a small spoon, scoop out a hole in the center.
6. Fill each hole with hummus. Sprinkle with smoked paprika. Garnish with green onions or, for a really fun look, use a tiny baby kale leaf as a "sail" in each little potato "boat."