

# HUMMUS with KALAMATA OLIVES and CARMELIZED GARLIC

SERVES: 8 | SERVING SIZE: about 2 tablespoons | PREP: 5 minutes | READY: 30 minutes

## INGREDIENTS

- 1 tablespoon olive oil
- 4 to 5 garlic cloves, thinly sliced
- 1 (10 ounce) container plain hummus (such as Garden Fresh Gourmet Classic Premium Hummus)
- 1/4 cup whole kalamata olives, diced
- 1/2 teaspoon everything bagel seasoning



## DIRECTIONS

To a small skillet, add olive oil and garlic slices. Over low heat, sauté garlic until golden brown, stirring often (this process should take 20 to 25 minutes). Remove pan from heat and allow garlic slices to cool.

Spread hummus into a serving bowl (or leave in original container). Top hummus with diced olives, garlic slices, and garlic-infused oil from pan. Sprinkle top of hummus dip with everything bagel seasoning. Serve with assorted vegetables, whole wheat pita bread wedges, and whole grain crackers.

## NUTRITION INFORMATION PER SERVING (dip only)

86 calories, 6 g total fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 211 mg sodium, 6 g total carbohydrate, 2 g dietary fiber, 0 g total sugars, 0 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 16 mg (2%) calcium, 1 mg (6%) iron, 87 mg (2%) potassium

