

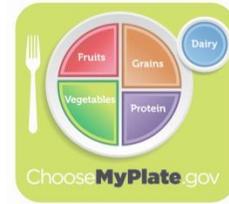
**Announcing  
Hampden-Wilbraham Regional School District's  
School Lunch Recipe Taste Testing Series!**

**Featured Recipe:**

***Homemade Hummus***

***With Sunflower Seed Butter***

*by Taryn Krietzman - U. of Massachusetts Dietetic Intern*



Dear Families,

Starting in January 2015, your school's Food Service Advisory and District Wellness Committees will proudly implement a monthly School Lunch Recipe Taste Testing Series. This effort is intended to broaden student experiences with a variety of flavorful foods. We hope to introduce new recipes into school meals that students will enjoy and that meet the new USDA meal pattern. The recipes will highlight various nutrient dense foods that promote good health like orange/red vegetables, dark leafy greens, whole-grains and beans/legumes. Featured recipes will be sent home every month for you to see what your child sampled and for you to enjoy as well!

This month's recipe is a quick and easy homemade hummus that is perfect for sharing and dipping vegetables. It is made with nutrient-packed chickpeas (garbanzo beans), garlic, and sunflower seed butter. Chickpeas are the main component of this recipe. They are considered a bean/legume as well as a vegetable. This means they contain the folate, potassium, and fiber typically found in vegetables, as well as the protein, zinc, and iron found in beans/legumes. Potassium can help maintain healthy blood pressure, and folate is an essential nutrient responsible for things like DNA synthesis and cell division. Fiber helps to lower cholesterol and gives us the feeling of fullness with fewer calories<sup>1,2</sup>. Sunflower seed butter isn't an ingredient normally found in most hummus recipes, but it is a welcome addition. Seeds, much like beans, also count in the protein category of foods. Protein is needed by the body for growth and development, and to repair cells, organs, and tissues<sup>3</sup>. Zinc and iron are found in these foods as well and are important to our red blood cells and immune systems<sup>4</sup>. Try this simple, tasty, and healthy hummus recipe for yourself!

### **Homemade Hummus with Sunflower Seed Butter**

11 oz. Chickpeas (Garbanzo Beans), drained, rinsed  
1/4 Cup Lemon Juice  
4 Tbsp Sunflower Butter  
1 Tbsp Garlic, peeled  
1/4 Cup Water  
1/4 tsp Black Pepper

**Directions:**

- 1.) Combine ingredients in a food processor and puree to a smooth consistency.
- 2.) Cover and chill.
- 3.) Portion into 1/2 cup servings and enjoy!

Yield: 4, 1/2 cup (4 oz.) servings • Prep time: 5 min • Cooking time: 0 min •  
Per serving<sup>5</sup>: Calories: 215 • Total fat (saturated fat): 10 g (1.2 g) • Sodium: 229 mg • Fiber: 7 g

<sup>1</sup> Beans and Peas Are Unique Foods. USDA Choose MyPlate.gov website: <http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>. Accessed November 18, 2014.

<sup>2</sup> Folate. National Institutes of Health website: <http://ods.od.nih.gov/factsheets/Folate-HealthProfessional/>. Accessed November 18, 2014.

<sup>3</sup> Protein Factsheet. University of North Dakota Dining Services website: [https://und.edu/student-life/dining/\\_files/docs/factsheets/protein.pdf](https://und.edu/student-life/dining/_files/docs/factsheets/protein.pdf). Accessed November 18, 2014.

<sup>4</sup> Nutrients and Health Implications. USDA Choose MyPlate.gov website: <http://choosemyplate.gov/food-groups/protein-foods-why.html>. Accessed November 18, 2014.

<sup>5</sup> National Nutrient Database for Standard Reference Release 27. USDA ARS website: <http://ndb.nal.usda.gov/ndb/search/list>. Accessed November 18, 2014.