

# **Cranberry Bean Hummus**

Gregory J Williamson, CEC - Personal Chef  
www.danddfarms.com

**4 ounces cranberry beans, cooked until tender**  
**1/4 onion**  
**10 ounces zucchini, cut into chunks**  
**2 tablespoons olive oil**  
**2 tablespoons lemon juice**  
**2 tablespoons Tahini or sesame oil**  
**2 cloves garlic, chopped**  
**1/2 bunch Italian parsley OR (ground cumin, coriander, cilantro), rough chopped**  
**salt and pepper to taste**  
**cheese**

Cook the beans until tender. They can be cooked in advance.

In a saute' pan, cook the zucchini in the olive oil until caramelized.

In a food processor, place the cranberry beans, onion, zucchini, lemon juice, Tahini, garlic, parsley, and cheese.

Puree until smooth.

Season with salt and pepper.

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Per Serving (excluding unknown items): 683 Calories; 29g Fat (36.5% calories from fat); 30g Protein; 83g Carbohydrate; 32g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 5 1/2 Fat.