



# Fava Bean Hummus

**Prep time: 30 minutes Makes: 2 cups**

Ahhh...the joy of eating fresh spring produce! Fava beans, also called broad beans, are a popular ingredient in springtime menus. However, fava beans require some prep work before you can eat them. They should **not** be consumed raw! First shell the fava bean pods into a bowl. Boil the fava beans for about 5 minutes, then remove from the heat and allow to cool. When fava beans are cool, remove the outer layer of skin from the bean. This part is inedible, and our bodies do not digest it well. When you have a bowl full of skinned fava beans, you are ready to start the hummus recipe.

## Ingredients:

- 2 cups fava beans, cooked and skinned
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp tahini
- 1 clove garlic, minced
- 1 teaspoon salt
- Fresh ground pepper, to taste

## Directions:

1. Shell the fava bean pods into a bowl.
2. Boil the fava beans for about 5 minutes, then remove from the heat and allow to cool.
3. Once cooled, remove the outer layer of skin from the bean.
4. Place the skinned fava beans into the food processor.
5. Add remaining ingredients in the food processor.
6. Blend on high until smooth and periodically scrape down the sides to incorporate.
7. Add more olive oil if your hummus is not smooth enough.
8. Taste and add an additional pinch of salt if needed.
9. Serve with carrots, whole wheat crackers, or on a sandwich.