



# Nourish Healthy Living with Two Spoons of Sabra Hummus a Day!

Wellness & Nutrition Resources & Recipes  
for Registered Dietitians





# Discover Hummus: Where Health and Taste Collide

## DEFINING HUMMUS

Traditional hummus is a wholesome, simple package of beans + seeds. Here's the basics:

### CHICKPEAS

Also known as garbanzo beans, these tan, round legumes are boiled and mashed to make hummus.

### TAHINI

This paste, made from lightly roasted and ground sesame seeds, is a dip on its own as well as a key ingredient in traditional hummus.

### OIL, GARLIC AND SPICES

Olive or vegetable oil create a smooth, creamy consistency. Garlic and salt round out the flavor.



### DID YOU KNOW?

Hummus is the Arabic word for chickpea, so a spread made from other beans or ingredients like squash or carrots is actually not hummus.



### DID YOU KNOW?

Chickpeas were discovered around 3000 B.C. and are thought to be one of the earliest cultivated vegetables.



### DID YOU KNOW?

Sesame seed is believed to be one of the first plant seeds to be used for edible oil.

## HISTORY OF HUMMUS

**HUMMUS HAS A RICH AND EXTENSIVE HISTORY,** tracing back to the 13th century in the Middle East. Its exact place of origin is unknown, with roots in various countries including Israel, Lebanon, Greece and Egypt.

Sabra began making its authentic hummus in a small kitchen in New York in the mid-1980s, starting with the simple mission of bringing the healthy and delicious cuisine of the Mediterranean to people's everyday diets.

**FAST FORWARD TO TODAY,** Sabra is now the most popular hummus in the U.S. In addition to its traditional hummus recipe, Sabra has incorporated global flavor inspirations in its offerings. The unique combination of delicious taste, convenience, versatility and nutrition have helped put Sabra hummus on people's menus as an everyday food.





# Close the Bean Gap with Two Spoons of Hummus

## THE CHALLENGE

Nine out of 10 Americans don't eat enough vegetables each day<sup>1</sup>, including nutrient-rich beans.

In fact, people eat about one cup of vegetables per day<sup>1</sup>, and only about half the recommended amount of beans per week, or less than one cup!<sup>2</sup> Research shows that diets with less beans and vegetables are associated with higher risk of chronic diseases like heart disease,<sup>3,4</sup> diabetes and obesity<sup>5</sup>.

For people who fall short on meeting recommendations, it can be helpful to recommend that they eat more familiar, nutrient-rich vegetables – such as beans (and hummus!). In fact, this can have a more significant effect on improving

overall diet quality and nutrient adequacy, compared to recommending less nutrient-rich vegetables.<sup>3</sup> Focusing on vegetable favorites, like hummus, can go a long way in boosting overall vegetable goals!

The 2015–2020 Dietary Guidelines for Americans support the recommendation to eat more vegetables – and beans – because they are nutrient-dense, aid in weight management and are associated with reduced risk of many chronic diseases<sup>4</sup> and conditions (like cardiovascular disease, diabetes and inflammation). For those who don't get enough vegetables, focusing on nutrient-rich beans may have a more significant impact on improving diet quality when compared to other less nutrient-dense vegetables.

IF...

HUMMUS IS MOSTLY BEANS

AND...

BEANS ARE A VEGETABLE

THEN...

HUMMUS IS A VEGETABLE TO HELP FILL THE BEAN AND VEGETABLE GAP!

## A SOLUTION

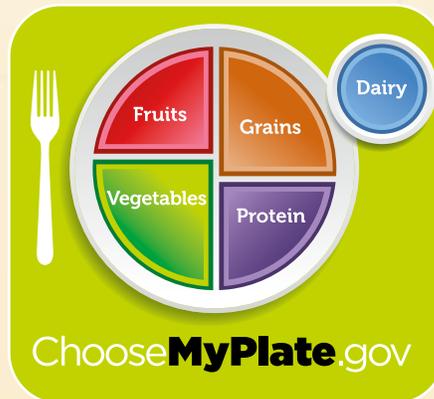
Two heaping spoonfuls of Sabra hummus a day is an easy, flavorful and healthy way to eat more beans.

On average, the Dietary Guidelines recommend 1 ½ cups of beans per week as part of an overall healthy diet.

### HERE'S THE SCOOP (OR SPOONFUL!)

Two heaping spoonfuls (approximately 2 ounces) counts as approximately ¼ cup of beans.

To put this into a bean perspective... enjoy two heaping spoonfuls of Sabra hummus each day to easily meet the weekly recommended serving of beans.



**TWO HEAPING SPOONFULS OF SABRA HUMMUS** can help deliciously deliver more beans and close the bean and vegetable gap, and ultimately help to reduce the risk of chronic diseases and aid in weight management, as part of an overall healthy diet.

## THINK OUTSIDE THE BEAN

Many people don't know beans are a vegetable and would be surprised to know hummus can count as a veggie given its chickpea content!

If you consume 2 heaping spoonfuls of hummus a day, you will meet your recommended bean requirements for the week!

1 Centers for Disease Control and Prevention. National Center for Health Statistics. National Health and Nutrition Examination Survey Questionnaire. US Department of Health and Human Services, Centers for Disease Control and Prevention. 2007-2010.

2 Usual Intake of Beans and Peas (Legumes). National Cancer Institute Web Site. [http://appliedresearch.cancer.gov/diet/usualintakes/pop/2007-10/table\\_a16.html](http://appliedresearch.cancer.gov/diet/usualintakes/pop/2007-10/table_a16.html). Updated April 2, 2014. Accessed December 17, 2014.

3 Hornick BA, Weiss L. Comparative nutrient analysis of commonly consumed vegetables: support for recommending a nutrition education approach emphasizing specific vegetables to improve nutrient intakes. *Nutr Today*. 2011; 46(3):130-137.

4 U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015 Available at <http://health.gov/dietaryguidelines/2015/guidelines/>

5 O'Neil CE, Nicklas TA, Fulgoni VL. Chickpeas and hummus are associated with better nutrient intake, diet quality, and levels of some cardiovascular risk factors: National Health and Nutrition Examination Survey 2003-2010. *J Nutr Food Sci*. 2014; 4(1):254. doi.org/10.4172/2155-9600.1000254.





# Just Add Hummus: 7 Splendid Reasons to Recommend Hummus

IT'S A BEAN...

IT'S A VEGETABLE...

IT'S SABRA HUMMUS!



## 1 PACKAGES PLANT PROTEIN IN A UNIQUE RECIPE

Chickpeas are a nutrient-dense bean that contribute a healthy amount of plant protein, along with fiber, iron and B vitamins.

## 2 SUPPORTS HEART HEALTH WITH UNSATURATED FATS

Healthy, unsaturated fats have been shown to sustain cardiovascular health. Tahini, made from roasted sesame seeds, is a key ingredient in hummus and supplies poly- and monounsaturated fats.

## 3 DELIVERS FIBER, A NUTRIENT OF CONCERN

Hummus helps boost fiber intake, especially when paired with veggies or whole grains. The mix of soluble and insoluble fiber supports heart health, and the combination of protein, complex carbohydrates and fiber aids in weight management and blood glucose control.

## 4 CLOSES THE GAP IN BEAN INTAKE

As an everyday food, 2 heaping spoonfuls of Sabra hummus a day at meal or snack time is a way to meet recommended weekly servings of beans and vegetables.

## 5 BOOSTS DIET QUALITY

Hummus offers a package of nutrients that can improve the nutritional value of meals and snacks. Hummus also pairs well with many foods and flavors, making it easy to increase intakes of vegetables, fruits and whole grains.

## 6 COMPLEMENTS SPECIAL DIETARY NEEDS

Sabra hummus is a vegetarian and gluten-free food that fits into diets for people with common food allergies.

## 7 NOURISHES HEALTHY LIVING

The key ingredients and nutrients in Sabra hummus – beans and tahini supplying protein, fiber and unsaturated fat – are associated with supporting good health, such as aiding in weight management and blood glucose stability for sustained energy.





# Living Healthfully with Hummus



## Hummus is food to nourish healthy living.

Boosting diet quality is a first step to better health and feeling good. The simple addition of 2 heaping spoonfuls of Sabra hummus each day to snacks and meals helps create a balanced, daily diet that fuels a healthy, active lifestyle.

### Recent research shows that eating hummus and chickpeas is associated with<sup>1</sup>:

**IMPROVED OVERALL DIET QUALITY** as measured by the Healthy Eating Index (HEI). People who eat hummus/chickpeas had better intakes of fruits, vegetables and whole grains, which may be, in part, thanks to hummus' ability to pair with foods such as vegetables and whole grains.

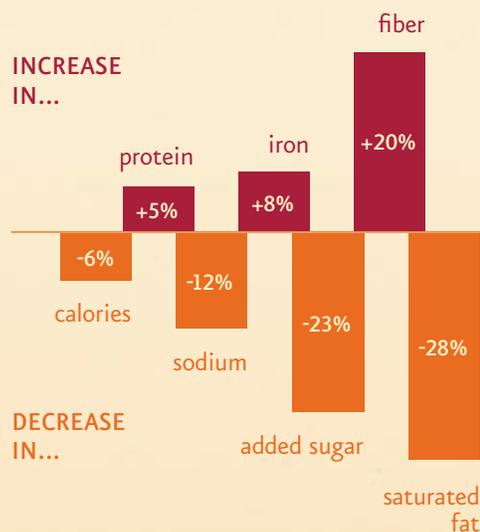
**BETTER NUTRIENT INTAKES**, including fiber; potassium; vitamins A, E, K; thiamin; folate; magnesium; copper and iron. The diets of hummus/chickpea-eaters were significantly higher in these essential nutrients, including two nutrients of concern—fiber and potassium.

**LOWER BODY WEIGHT PARAMETERS**, including Body Mass Index (BMI) and waist circumference.

## Sabra hummus transforms the nutritional benefits of everyday meals and snacks.

Menu modeling shows how a simple switch of using hummus instead of sugary snacks or high fat dips, spreads or toppings can add up to big gains.

Hummus substitutions resulted in:



## PEOPLE

who regularly enjoy hummus and chickpeas are more likely to have<sup>1</sup>...

### HEALTHIER DIETS OVERALL



### IMPROVED BODY WEIGHT MEASURES



### FEWER CARDIOVASCULAR RISK FACTORS



1 O'Neil CE, Nicklas TA, Fulgoni VL. Chickpeas and hummus are associated with better nutrient intake, diet quality, and levels of some cardiovascular risk factors: National Health and Nutrition Examination Survey 2003-2010. *J Nutr Food Sci.* 2014; 4(1):254. doi.org/10.4172/2155-9600.1000254.





# Bring the Mediterranean Lifestyle Home: Invite Hummus to the Table

Research confirms that Mediterranean populations live longer, healthier lives with lower rates of heart disease, cancer, obesity and diabetes.<sup>1</sup>

While there is no one component of a Mediterranean-style of eating that holds the key, it is likely the combination of simple, wholesome, nutrient-rich foods, served fresh and flavored with herbs and spice. It includes a generous variety of plant foods, including vegetables, beans, fruits, whole grains and nuts; occasional fish and poultry; and small amounts of lean red meat, yogurt and cheese.

With its combination of chickpeas, sesame seeds (tahini) and healthy fats, hummus can be part of an eating pattern for health, including the well-established Mediterranean diet.



Even though hummus is best known as a dip with veggies or whole grain breads and crackers, it can also add a Mediterranean twist to any meal as a spread, topping, condiment or side dish, and as an ingredient in dressings, salads and other savory recipes...

## START THE DAY WITH HUMMUS



Spread Sabra hummus on whole grain toast or bagels, and top with thinly sliced apples, dates or dried apricots.

Add Sabra hummus, spinach and feta cheese to scrambled eggs or fold into an omelet or a breakfast wrap.

## LOVE LUNCH WITH HUMMUS



Use Sabra hummus in place of mayonnaise in chicken or tuna salad and as a spread for sandwiches.

Stuff a whole grain pita with Sabra hummus, tomatoes, cucumber and sprouts.

Grill vegetables such as eggplant, mushrooms, peppers and onions, and combine with Sabra hummus, pine nuts and baby greens in a whole grain tortilla wrap.

## DINE ON HUMMUS AT DINNER



Make a creamy salad dressing with Sabra hummus, vinegar or lemon juice and a splash of olive oil.

Coat fish fillets or chicken breasts with Sabra hummus, roll in whole wheat bread crumbs and bake.

Add a scoop of Sabra hummus to mashed potatoes or use as a topping for baked potatoes.

<sup>1</sup> Sofi F, Abbate R, Gensini GF, Casini A. Accruing evidence on benefits of adherence to the Mediterranean diet on health: an updated systematic review and meta-analysis. *Am J Clin Nutr.* 2010; 92(5):1189-1196. doi: 10.3945/ajcn.2010.29673.





# Adventures in Eating Hummus: Boost the Benefits (and Taste!) of Everyday Meals and Snacks

**SUBSTITUTE A HEAPING SPOONFUL OF SABRA HUMMUS FOR...**

**ADD TO**

**TO REDUCE (PER 2 TABLESPOON SERVING)**



RANCH DRESSING



CARROTS

FAT BY 8g



JELLY



BREAD

ADDED SUGARS BY 10g



MAYONNAISE



SANDWICH

FAT BY 7g



BUTTER



MASHED POTATOES

FAT BY 9g



CHEESE



CHEESEBURGER

FAT BY 5g



Swapping and adding 2 heaping spoonfuls of Sabra hummus can help boost protein, fiber and healthy fats, too!





FLAUNT THE FLAVOR OF HUMMUS IN DELICIOUS RECIPES

# Tuscan Herb Breakfast Wrap

SERVINGS: 2



## NUTRITION INFORMATION PER SERVING:

Calories 370  
 Total Fat 20g (Sat 4g, Trans 0g)  
 Cholesterol 190mg  
 Sodium 690mg  
 Total Carbohydrates 29g  
 Dietary Fiber 3g  
 Sugars 4g  
 Protein 18g

## % DAILY VALUE\*

Vitamin A 25%  
 Vitamin C 6%  
 Calcium 20%  
 Iron 10%

### INGREDIENTS:

- 2 7" Wheat tortilla wraps
- 1/4 cup Sabra® Tuscan Herb Garden Hummus
- 1 tablespoon Canola oil
- 3 Eggs, medium
- 2 tablespoons Skim milk
- 2 tablespoons Sun-dried or oven roasted tomatoes
- 2 tablespoons Chopped basil
- 1/4 cup Shredded non-fat mozzarella cheese
- Season with fresh ground pepper to taste

### DIRECTIONS:

1. Heat canola oil in a skillet over medium heat.
2. Whisk eggs, milk and pepper together; pour into skillet.
3. Once the eggs begin to set, stir until eggs are soft scrambled and are still a bit wet.
4. Remove from heat and fold in the tomatoes and basil; sprinkle cheese over the top and cover.
5. Divide hummus between the 2 wraps and spread evenly, adding more if needed.
6. Divide the eggs evenly between the 2 wraps, placing eggs in the middle and roll, burrito-style; fold once from the bottom and then fold each side over leaving the top open.
7. Serve immediately.

\*Percent Daily Values are based on a 2,000-calorie diet.  
 Your Daily Values may be higher or lower depending on your calorie needs.





FLAUNT THE FLAVOR OF HUMMUS IN DELICIOUS RECIPES

# Hummus Mashed Potatoes

SERVINGS: 6



## INGREDIENTS:

6	Yellow potatoes (about 5 cups peeled and cubed)
1	10oz container Sabra® Classic Hummus
½ cup	Skim milk
2 tablespoons	Olive oil
1	Lemon (cut into 6 wedges)
2 tablespoons	Fresh parsley (finely chopped)
	Fresh ground pepper to taste

## DIRECTIONS:

1. Peel the potatoes and place in a bowl of water to cover (this will prevent discoloration).
2. Cut the potatoes into 1½ inch cubes and place in a medium sized pot with enough water to cover and ¼ teaspoon salt.
3. Bring to a boil and simmer over medium heat for about 30 minutes, or until a fork goes gently through the potatoes.
4. Once cooked, drain the potatoes and place back into the pot over medium heat until the moisture comes out of the potatoes and they appear dry (about 3 minutes).
5. Remove from the heat. In the same pot start mashing the potatoes with a potato masher.
6. Add hummus, ½ cup skim milk, 2 tablespoons olive oil and pepper to taste.
7. Top with a sprinkling of fresh parsley and serve with a lemon wedge to squeeze over top.

## NUTRITION INFORMATION PER SERVING:

Calories 320  
Total Fat 14g (Sat 2g, Trans 0g)  
Cholesterol 0mg  
Sodium 230mg  
Total Carbohydrates 43g  
Dietary Fiber 5g  
Sugars 4g  
Protein 7g

## % DAILY VALUE\*:

Vitamin A 4%  
Vitamin C 45%  
Calcium 6%  
Iron 10%

\*Percent Daily Values are based on a 2,000-calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.



FLAUNT THE FLAVOR OF HUMMUS IN DELICIOUS RECIPES



# Hawaiian Hummus Chicken Salad Stuffed Tomatoes

SERVINGS: 4



## INGREDIENTS:

- 4 Large beefsteak tomatoes
- 1 cup Diced grilled chicken
- ½ cup Diced fresh pineapple
- ¼ cup Chopped celery
- 2 tablespoons Finely chopped red onion
- 2 tablespoons Sliced almonds
- ½ cup Sabra® Classic Hummus

## DIRECTIONS:

1. Cut ½ inch from top of tomato and scoop out pulp. Place tomatoes on paper towels, upside down to drain.
2. In a medium bowl, combine remaining ingredients.
3. Fill tomatoes with chicken salad and place on bed of shredded lettuce. Serve.

## NUTRITION INFORMATION PER SERVING:

- Calories 220
- Total Fat 9g (Sat 1.5g, Trans 0g)
- Cholesterol 60mg
- Sodium 170mg
- Total Carbohydrates 16g
- Dietary Fiber 4g
- Sugars 7g
- Protein 22g

## % DAILY VALUE\*:

- Vitamin A 30%
- Vitamin C 60%
- Calcium 4%
- Iron 8%

\*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



FLAUNT THE FLAVOR OF HUMMUS IN DELICIOUS RECIPES

# Roasted Red Pepper Hummus Chicken

SERVINGS: 4



## INGREDIENTS:

- 1 Large zucchini, sliced
- 1 Large yellow squash, sliced
- 1 Large onion, sliced
- 4 5oz boneless, skinless chicken breasts
- 1 10oz container Sabra® Roasted Red Pepper Hummus
- 1 tablespoons Olive oil
- 2 Lemons
- 1 teaspoon Paprika
- Fresh ground pepper to taste

## DIRECTIONS:

1. Preheat oven to 450 degrees. Prepare a 9x9 or 9x13 baking dish with oil or with cooking spray.
2. In a large bowl, toss the zucchini, squash and onion with olive oil until evenly coated. Season with fresh ground pepper.
3. Season the chicken breasts with generous pinches of fresh ground pepper.
4. Place sliced zucchini and onions on the bottom of the baking dish to form a base layer. Thinly slice one lemon, and place the slices on top of the vegetables.
5. Place the four chicken breasts evenly on top of the vegetables, then cover each chicken breast with the hummus so that the entire breast is covered.
6. Squeeze the juice of one lemon over the chicken and vegetables. Then sprinkle the tops with paprika (optional).
7. Bake for about 25–30 minutes, until the chicken is cooked through (165F–170F) and the vegetables are tender. Serve immediately.

## NUTRITION INFORMATION PER SERVING:

Calories 470  
Total Fat 21g (Sat 4g, Trans 0g)  
Cholesterol 145mg  
Sodium 380mg  
Total Carbohydrates 23g  
Dietary Fiber 7g  
Sugars 6g  
Protein 51g

## % DAILY VALUE\*:

Vitamin A 15%  
Vitamin C 60%  
Calcium 8%  
Iron 15%

\*Percent Daily Values are based on a 2,000-calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.





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