



# Emerald Hummus Dip with Fresh Herbs

Source: [Forks Over Knives](#)

A handful of spinach gives this flavorful spread a lovely bright green hue. Serve it as a dip with carrots, celery, toasted pita triangles, or any finger food of your choosing, or spread it on a whole wheat tortilla and top with other fillings for a wrap. Makes 1 ½ cups.

## Ingredients

- 1 15 ounce can garbanzo beans (chickpeas), rinsed and drained
- 2 tablespoons lime juice
- 1 small clove garlic, peeled
- Sea salt and freshly ground black pepper, to taste
- 1 cup fresh spinach leaves
- ½ cup fresh cilantro leaves
- ¼ cup fresh parsley leaves
- ¼ cup sliced green onions
- 1 tablespoon chopped fresh chives

## Instructions

In a blender or food processor combine chickpeas, lime juice, garlic and 1/3 cup water. Cover and blend until smooth. Season with salt and pepper. Add the remaining ingredients; cover and process just until combined. Chill, covered, until ready to serve.