



Pilot Light Family Meal Lesson
Family Hummus Battle Royale

Suggested Age Range: 6-18

Recipe:

This recipe is a basic hummus to which family members can add their own seasonings in order to stage an in-house hummus competition! May the best chef win!

Ingredients for Hummus:

- One can of garbanzo beans / chickpeas*
- Olive oil
- Additional ingredients for the “battle”: red peppers, garlic, herbs, sesame seeds, salt and pepper, lemon, spices, or other ingredients you have at home
- Items for dipping: crackers, pita, celery, carrots, other vegetables

* One can of chickpeas works for 2 people; adjust proportions based on your crew.

Recipe for Hummus:

1. Open the can of beans and drain the liquid from the can, but do not discard it as you want to reserve it for blending.
2. Blend the beans in a blender or smash them extensively with a metal fork. Add a portion of the liquid until you reach the desired consistency.
3. Add a drizzle of olive oil (optional) and continue to stir.

Activity:

1. After the family has created the basic hummus recipe, the collaboration is over! You are now in a serious competition!
2. Portion out the hummus to all competitors.
3. Each competitor can now go to work, experimenting with what flavorings to add to the basic hummus recipe.
4. Based on what each competitor’s recipe is, each person should pick what dipping items pair best with their creation. Be creative! Raid the pantry! Experiment!
5. Present the hummus with its chosen dipping item to your family members / fellow competitors.

Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Try the same recipe with different types of beans (white beans, black beans).
- Make a hummus pizza, using a pita as a crust, spreading hummus as the sauce, and putting black beans, cilantro, cheese, and other chosen topics on the top, then bake in the oven at 350 degrees for roughly 10 minutes.
- Make a large batch of the “winner’s” recipe and freeze portions for later use.

This Family Lesson was written by Pilot Light Fellow, Leah Guenther, and was inspired by Pilot Light’s lesson [Hummus... \(Should I Add to My Recipe?\)](#).