

# Fava Bean & Mint Hummus

## Recipe



Yield: 3 1/2 cups

### Ingredients

3 cups fresh Fava Beans, shucked and peeled  
1 Tablespoon tahini (sesame seed paste)  
1/2 lemon, juiced  
2 Tablespoons mint, chopped  
1 Tablespoon ginger, minced  
1 Tablespoon honey  
3 Tablespoons olive oil  
Salt and pepper to taste

### Instructions for Adults

Assist with supervision of stovetop usage and safe knife handling.

### Instructions for Kids

- With the help of an adult, bring one large pot of water to a boil. Remove fava beans from outer casing and add to boiling water. Using a slotted spoon, remove beans from boiling water after 1 minute. Cool. Keep the pot of water boiling to use again with the peeled beans.
- Using a small knife or the tip of a fork, make a small slice in one end of the bean's skin and squeeze the bean out. Put shucked and peeled beans back into the boiling water, cook for 3-5 minutes or until tender. Drain fava beans and cool in a bowl of ice water for about 5 minutes, then drain.
- In a food processor or blender, combine cooked fava beans and olive oil. Pulse until roughly chopped. Add the remaining ingredients and blend until creamy.
- Add salt and pepper to taste. Serve with your favorite veggie slices or crackers.

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