

### Leek & White Bean Artichoke Hummus

Yield 24 servings

**Ingredients:**

- 5 tablespoons extra-virgin olive oil, divided
- 1 ½ cups chopped leeks\*, tender part only, cleaned and drained
- 2 tablespoons chopped garlic, divided
- 1 teaspoon kosher salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1 15-ounce cans no-salt added cannellini beans, drained/ rinsed
- 1 15 oz. can artichoke hearts packed in water (un-drained)
- 2 Tbsp. Lemon juice
- 2 Tbsp. Tahini (toasted sesame paste)
- Optional: 2 large bunches tender cooking greens, such as chard, beet or spinach greens, leaves chopped & washed, stems chopped and separated
- 1 large baguette, sliced on a slight bias into 24 rounds
- ½ cup diced peeled pepperoni (optional)

**Directions:**

1. Place 2 tablespoons oil in a medium skillet followed by leeks, 1 tablespoon garlic, ½ tsp. salt (optional) and 1/4 teaspoon pepper and place over medium heat. Cook, stirring often until the leeks are softened but not browned, about 5 minutes. Transfer to a food processor or blender; add beans, artichokes, lemon juice and tahini. Puree until smooth.
2. Optional: Heat 2 tablespoons oil in a large Dutch oven over medium heat. Add the remaining 1 tablespoon garlic, chopped greens' stems, the remaining 1/4 teaspoon salt and the remaining ¼ teaspoon pepper and cook, stirring often until the garlic is fragrant and the stems are softened slightly, 1 to 2 minutes. Add chopped green leaves and stir until combined with the garlic mixture. Cover, increase heat to high and cook until the greens are wilted and tender, about 2 minutes longer. Remove from the heat.
3. Just before serving, preheat grill to medium heat. Meanwhile, lightly brush the remaining 1 Tbsp. oil over the baguette slices and grill over medium heat until lightly toasted. Top the grilled bread with the puree, the greens and pepperoni.



**Notes:** Leeks are a member of the onion family and have a sweet delicate flavor. \*If leeks are not available, green onions can be substituted. Tahini can be omitted or substituted with peanut or almond butter.

Photo credits: healthyseasonalrecipes.com; runningtothekitchen.com, Laurendamarie.com

**Harvest of the Month** The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Gordy's Market, local school districts, and the community. [www.JacksonInAction.org](http://www.JacksonInAction.org)

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Good taste. Good health.



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Per 2 Tbsp.

Nutrition Facts	
Serving Size (51g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 4%	Vitamin C 6%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

