

# Healthful Eating



## Tasty, Trans Fat–Free Food

(NAPSA)—Good, solid comfort food doesn't have to be bad for your arteries.

For example, you can make a lighter, dairy-free version of the classic mashed potatoes with no trans fat when you use healthy, delicious, authentic hummus. Made from a blend of chickpeas, sesame paste and a variety of herbs and spices, hummus is a delicious, good-for-you food that's quickly growing in popularity.

Its high soluble-fiber content can reduce LDL cholesterol (the bad cholesterol); it's higher in protein than ground beef—without any animal fats; it's a good source of iron, is low in carbohydrates and contains no added sugar.

Hummus can be used as an appetizer, as a side dish or as a dip, as well as part of this delicious dish:

### Hummus Mashed Potatoes

*Yield: 6 servings*

*Active time: 15 minutes*

*Start to finish: 45 minutes*

- 6 yellow potatoes (about 5 cups peeled and cubed)**
- 1½ cup Sabra hummus**
- 2 Tbsp. olive oil**
- Salt and fresh pepper to taste**
- 2 Tbsp. fresh parsley (finely chopped)**
- 1 lemon (cut into 6 wedges)**

**Peel the potatoes and place in a bowl of water to cover (this will prevent discoloration). Cut the potatoes into 1½-inch cubes and place in a medium-sized pot with enough**



**Mashed potatoes made with hummus can be a smash at dinner without raising anyone's cholesterol.**

**water to cover and ¼ teaspoon salt. Bring to a boil and simmer over medium heat for about 30 minutes or until a fork goes gently through the potatoes. 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). Remove from the heat. In the same pot, start mashing the potatoes with a potato masher. Add 1½ cups Sabra hummus and 2 Tbsp. olive oil, salt and pepper to taste. Top with a sprinkling of fresh parsley and serve with a lemon wedge to squeeze over the top.**

You may care to try this recipe using your favorite Sabra hummus flavor for a tasty variation—say, Chipotle hummus for a delicious smoky flavor or Supremely Spicy for a nice kick. More recipes, tips and facts can be found at <http://sabra.com/recipes> and (888) 957-2272.