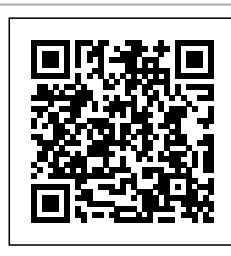


# Lemon Garlic Chicken and Hummus



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Video!



Recipe by: Laura Vitale

Serves 4-6

**Prep Time: 20 minutes**  
**Cook Time: 15 minutes**

## Ingredients

### Chicken:

- 1-1/2 lb of Chicken Breast, cut into large chunks
- 1 Tbsp of Dijon Mustard
- 1 Tbsp of Honey
- 1 Tbsp Lemon Juice (I do 2 because I love lemon)
- 4 Cloves of Garlic, minced
- 2 Tbsp of Olive Oil
- Plenty of Salt and Pepper

### For the hummus (I halved the recipe in the video but believe me it's worth making this full batch)

- 2 14.5oz cans of Chickpeas, drained and rinsed
- 1 Clove of Garlic
- 1/2 cup of Tahini
- Juice of 1 Lemon
- 1/4 cup of Extra Virgin Olive Oil
- 1/2 cup of Ice or 1/4 cup of Ice Water
- Salt to taste

### Salad:

- 4-6 Mini Cucumbers, diced (or 1 seedless cucumber)
- 1 pt of Cherry Tomatoes, halved
- 2 shallots, minced
- Handful of Dill, finely chopped
- Juice of 1/2 lemon
- Plenty of Salt
- About 2 Tbsp of Olive Oil

1) Start with the chicken. In a bowl, combine the chicken with Dijon, honey, lemon juice, garlic, olive oil, salt, and pepper, toss well and let sit while you prep everything else.

2) In a food processor, add the chickpeas, garlic, tahini, lemon juice, olive oil, and salt and blend until it comes together. Then as it's processing, add the ice (or ice water) and keep blending until the hummus becomes super smooth, thick, and fluffy, be patient this will take some time.

3) In a bowl, combine the cucumbers, tomatoes, shallots, dill, lemon juice, salt, and olive oil and toss to combine.

4) Heat a skillet over medium-high heat and cook the chicken until golden and cooked through.

5) Spread the hummus onto a plate, top with the chicken, and serve with the salad on the side.

