



## Pot o' Gold Hummus with Veggie Rainbow

**Prep: 10 minutes**

**Cook: 2 minutes • Serves: 6**

- ½ bunch thin asparagus, ends trimmed
- 1 large green bell pepper
- 1½ cups favorite hummus
- 1 package cherry tomatoes
- 1 large orange bell pepper
- 1 large yellow bell pepper
- 3 medium carrots, cut crosswise into ⅛-inch-thick "coins"

**1.** Heat medium covered saucepot of salted water to a boil; add asparagus and cook 2 minutes or just until tender-crisp. Transfer asparagus to bowl filled with ice water; once chilled, drain and pat dry with paper towel.

**2.** Slice ½-inch off top of green bell pepper; fill with hummus and place in center of serving plate.

**3.** Arrange tomatoes, orange and yellow bell peppers, and asparagus on plate in rows above green pepper resembling a rainbow; arrange carrot coins on plate below rainbow.

*Approximate nutritional values per serving:  
138 Calories, 8g Fat (2g Saturated), 0mg Cholesterol,  
217mg Sodium, 13g Carbohydrates, 3g Fiber, 5g Protein*

### **Chef Tip**

*Garnish hummus with a drizzle of olive oil, smoked paprika and toasted pine nuts.*