



delicious

HUMMUS RECIPES



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Hummus is a versatile and delicious ingredient that can be used in various recipes. Here are five recipes featuring hummus, featuring specialty items from the Southside Farmers Market.

Hummus and Veggie Stuffed Pita

Featuring Pearl Organics, Florence Fruit and Vegetables, Jakana Organic Urban Garden

Ingredients:

- Pita bread
- Hummus (classic or roasted red pepper)
- Cherry tomatoes, sliced
- Cucumber, thinly sliced
- Red bell pepper, thinly sliced
- Mixed greens or baby spinach
- Nutritional Information (per serving):
 - Calories: 250
 - Protein: 8g
 - Carbohydrates: 45g
 - Fiber: 8g
 - Fat: 5g



Greek Hummus Stuffed Peppers:

Featuring Pearl Organics or Rosalines, Florence Fruit and Vegetables, Ajiz, Optimax

- Ingredients:
 - Bell peppers (assorted colors)
 - Tzatziki
 - Quinoa, cooked
 - Cherry tomatoes, halved
 - Olives, sliced
 - Feta cheese, crumbled
- Nutritional Information (per serving):
 - Calories: 300
 - Protein: 10g
 - Carbohydrates: 35g
 - Fiber: 8g
 - Fat: 15g



Mediterranean Hummus Bowl:

Featuring Pearl Organics, Florence Fruit and Vegetables, Ajiz Feta Cheese, Optimax

- Ingredients:
 - Hummus (your favorite flavor)
 - Quinoa, cooked
 - Olives, sliced
 - Cherry tomatoes, halved
 - Cucumber, diced
 - Red onion, finely chopped
 - Feta cheese, crumbled
- Nutritional Information (per serving):
 - Calories: 380
 - Protein: 12g
 - Carbohydrates: 40g
 - Fiber: 8g
 - Fat: 18g



Spicy Hummus Avocado Toast:

Featuring Pearl Organics, Florence Fruit and Vegetables, Lekker Bakery

- Ingredients:
 - Whole grain bread
 - Hummus (spicy or sriracha-infused)
 - Avocado, sliced
 - Cherry tomatoes, sliced
 - Red pepper flakes (optional)
- Nutritional Information (per serving):
 - Calories: 280
 - Protein: 10g
 - Carbohydrates: 30g
 - Fiber: 10g
 - Fat: 15g



Hummus and Chickpea Salad:

Featuring Pearl Organics, Florence Fruit and Vegetables, Jakana Organic Urban Garden

- Ingredients:
 - Hummus (lemon or garlic)
 - Chickpeas, canned and drained
 - Cherry tomatoes, quartered
 - Cucumber, diced
 - Red onion, finely chopped
 - Parsley, chopped
- Nutritional Information (per serving):
 - Calories: 320
 - Protein: 15g
 - Carbohydrates: 45g
 - Fiber: 12g
 - Fat: 10g



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Thank you for choosing the Southside Farmers Market! We invite you to return each week and explore a fresh array of recipes crafted by our local food artisans, bringing you the taste of all-natural, love-infused goodness from Uganda. Your support fuels their passion to serve you, ensuring every visit is a delightful journey through the heart of local flavors.