

## Hummus Pasta

(Original recipe from FeelGoodFoodie - Yumna)

### Ingredients:

- 2 tablespoons olive oil
- 1 medium onion sliced
- 2 garlic cloves, minced
- 1 cup chopped spinach
- 1 cup hummus (any flavor)
- 1 pound spaghetti pasta (gluten free will work)
- Juice of 1 lemon + zest
- ¼ cup chopped fresh basil plus more for serving
- Optional: Pinch of crushed red pepper
- Optional: Parmesan cheese, shredded or grated

### Directions:

1. Prepare your pasta according to package instructions (make sure you salt your water). Reserve 1 cup of pasta cooking water before you drain your pasta. Drain and return to the same pot. Cover to keep warm.
2. In a small bowl, mix together ½ cup pasta water, the hummus, the lemon juice, and the lemon zest. Set aside.
3. In a large skillet, saute your onions in olive oil for 5 minutes or until they begin to turn translucent.
4. Add in the garlic, and cook for only 30 seconds (garlic burns quickly).
5. Add the spinach and saute until slightly wilted (about a minute).
6. Add the hummus mixture and stir until a creamy sauce forms. Add any remaining pasta water to thin the sauce if needed.
7. Turn off the heat and add the cooked pasta and ¼ cup basil to the skillet. Toss to coat pasta.
8. Top with more basil, crushed pepper, and parmesan cheese, if desired.

Original recipe can be found at Feel Good Foodie <https://feelgoodfoodie.net/recipe/hummus-pasta/>