RECIPE

Hummus

This dip is delicious served with vegetable sticks, or whole wheat pita bread.

Makes: 10 Servings (2.5 cups)

Prep Time: 5 minutes

Source: CookingMatters.org

Small Changes, BIG Difference!

Ingredients

- 1 clove of garlic
- 1 large lemon
- 1 (15 1/2 - ounce) can garbanzo beans
- 1/2 cup warm water
- 2 tablespoons low-fat plain yogurt
- 2 tablespoons canola oil
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- *Optional Ingredients:*
  - 1 fresh red pepper, or 3 roasted red peppers from a jar
  - Pinch ground cumin, ground cayenne pepper, or red pepper flakes

Directions

1. Peel and chop garlic. If using fresh red pepper, rinse, remove core and seeds, and mince now. Or, mince jarred roasted red peppers.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender. If using optional spices, add now. Blend until creamy and well mixed.
5. If using, top hummus with minced red pepper.

Nutrition Information

Serving Size: 1/4 cup

Nutrients	Amount
Calories:	60
Total Fat:	3.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	290 mg
Total Carbohydrates:	6 g
Dietary Fiber:	2 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	2 g

Utensils Needed

- Blender
- Can opener
- Colander
- Cutting board
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl

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