



Hummus Dip

Makes 2 cups

Hummus is a creamy bean spread that can be used as a sandwich filling, or served as a dip with fresh vegetables or wedges of whole wheat pita bread.

1 15-ounce can garbanzo beans (chickpeas), drained and rinsed

3 Tablespoons tahini (sesame seed butter)

¼ cup lemon juice

¼ teaspoon cumin (optional)

3 garlic cloves, chopped

¼ cup chopped parsley

¼ teaspoon salt

- Drain and rinse beans. Add to the food processor or blender along with tahini, lemon juice, cumin, garlic, chopped parsley and paprika.
- Process until very smooth: about two minutes. The mixture should be moist and spreadable. If it is too dry, add water as needed for a smoother texture.

Nutritional Information (per 2 tablespoon serving):

Calories: 62

Fat: 2g

Saturated Fat: 0g

Carbohydrates: 8g

Fiber: 2g

Protein: 3g

