

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

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.



Small Changes,
BIG Difference!



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

SHOPPING LIST

Average total cost without oil and seasonings: \$3.44

Average cost/serving: \$0.34

Recipe makes: 10 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Garlic bulb



Add 1 to Cart
Garbanzo Beans (Chick Peas), 15.5 oz



Add 1 to Cart
Lemon



Add 1 to Cart
Plain Nonfat Yogurt, 32 oz

SAVE TIME, SAVE MONEY

Preparation & Storage Tips

- Pre-cut vegetables such as celery, carrots, and peppers to dip in the hummus.
- Hummus can be kept in the refrigerator for 4-7 days.
- Store lemons in the refrigerator for up to 2 weeks.

Similar Recipes

- Consider trying other quick and healthy dip recipes found on snapedny.org, such as:
 - Baba Ganoosh
 - Guacamole
 - Spicy White Bean Dip

My Cooking Notes