

Lemon Garlic Hummus

8 servings, 3 tablespoons each



Nutrition Facts

Serving Size 3 tablespoons
Servings Per Container 8

Amount Per Serving

Calories 60 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 60mg 3%

Total Carbohydrate 8g 3%

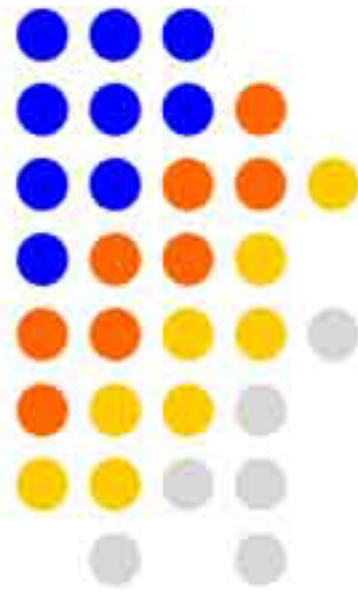
Dietary Fiber 2g 8%

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 4%



Ingredients

3 tablespoons fresh herbs
(parsley, chives, dill, or any other)

1 (15-ounce) can chick peas
(garbanzo beans)

1 clove garlic

¼ teaspoon salt

1 tablespoon olive oil

1 tablespoon lemon juice

Directions

1. Rinse herbs in cool water and dry with a paper towel.
2. Open the can of chick peas. Drain and save the liquid from the can.
3. In a food processor or blender, combine chick peas, garlic, salt, oil, lemon juice, and herbs. Blend on low speed, adding a small amount of bean liquid until dip is thick and creamy (not all liquid will be used).
4. Store in the refrigerator for up to one week.

Ideas for serving hummus

- As a dip with carrot or celery sticks
- As a spread for your favorite sandwich
- On top of a green salad, instead of dressing



Cost: \$1.40 per recipe, \$.18 per serving

Questions about nutrition?
Call 1-877-FOOD-URI