

Hummus

Serves: 8

Serving Size: 2 tablespoons

Ingredients:

- 1 and 1/2 cups cooked or canned garbanzo beans, rinsed and drained
- 1/2 cup nonfat plain yogurt
- 1 tsp minced garlic
- 1 Tbsp lemon juice
- 1 tsp cumin
- 1 tsp olive oil
- 1 tsp sesame oil (optional)

Directions:

Place all ingredients in blender or food processor and blend until smooth. Refrigerate until ready to use.

Nutrition Information:

This recipe makes 8 servings. Each 2 tablespoon serving has 71 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 1 mg cholesterol, 85 mg sodium, 11 g carbohydrate, 2 g fiber, 4 g sugar, and 4 g protein.

Each serving also contains 0% DV vitamin A, 3% DV vitamin C, 4% DV calcium, and 5% DV iron.

Chef's Tips:

This low-fat version of a classic Middle Eastern dip goes well with raw veggies and whole wheat pita triangles. It also makes a delicious sandwich or bread spread.



Cooking Lesson:

It is possible to reduce fat in traditional dishes without reducing flavor, but it must be done thoughtfully and carefully. This recipe took some testing to get right, but it's a keeper and should be easy to add to your repertoire.

Nutrition Lesson:

Garbanzo beans, also known as chickpeas, are protein and fiber powerhouses. They make a great addition to any diet.