



Hummus



1 (15 oz.) can of garbanzo beans, rinsed and drained
2 Tablespoons Tahini
2 teaspoons lemon juice

3 Tablespoons olive oil
2 garlic cloves
1 1/2 Tablespoons water
Optional: cumin, paprika, hot sauce

Instructions: Blend all the ingredients in a blender. Serve with cut vegetables, pita chips, or as a spread.

Yield: 10 servings

Nutrition Facts (per serving): 90 calories, 7 grams fat, 125 milligrams sodium, 7 grams carbohydrate, 2 grams fiber, 3 grams protein