

# Hummus with a Kick

Serves: 4 | Approximate serving size: ½ cup

Serve hummus as a dip with fresh cut vegetables such as carrots, or serve with crackers. Hummus also works well as a sandwich spread, in pita bread and spread in wraps. Some possible additions to hummus sandwiches are grated carrots, sliced or chopped tomatoes, salad greens, chopped or sliced red or green pepper.



## Ingredients

- 1 (15-ounce) can no-salt-added garbanzo beans, rinsed and drained
- 1 tablespoon olive oil
- 1 tablespoon white wine or cider vinegar; OR 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1/8 teaspoon black pepper
- ¼ to ½ cup nonfat plain yogurt
- ¼ cup chopped parsley
- Dash cayenne – or to taste

## Directions

1. Place all ingredients except yogurt and parsley in a food processor.
2. Add ¼ cup of the yogurt and blend until smooth. Add more yogurt if necessary, until desired consistency is achieved.
3. Transfer to a bowl and stir in the parsley.
4. Eat within two days for best quality and safety. Avoid letting hummus sit at room temperature for more than two hours.

## Notes:

1. As a substitute for fresh garlic, use 1/8 teaspoon garlic powder.
2. Garbanzo beans also are referred to as chickpeas.

*Source: [Alice Henneman](#), MS, RDN, Nebraska Extension in Lancaster County*

