

Ingredients:

Basic Hummus
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1 (15-ounce) can low-sodium garbanzo beans, drained and rinsed
1/4 cup water
1/4 cup olive oil
2 tablespoons tahini (optional)
Juice of half a lemon (about 2 tablespoons)
2 fresh garlic cloves
1/4 teaspoon black pepper and salt, to taste

Directions:

1. Wash hands with soap and warm water.
2. Combine all ingredients in blender and process.
3. Stop blender periodically and stir down sides.
4. Process until smooth.
5. . Store in a container with a lid for up to five days.
6. Serve with bread, crackers, or sliced veggies.

Nutrition Facts (Per Serving)

Calories, 109; Carbohydrate, 8 g; Protein, 3 g; Total Fat, 7.5 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Total Sugars, 1 g; Sodium, 70 mg; Calcium, 21 mg; Folate, 14 mcg; Iron, 1 mg.
Makes 8 servings, approximately 1/2 cup per portion.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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