

Serving Size

Serves 10, 1/4 cup per serving

Ingredients

- 1 clove garlic
- 1 large lemon
- 1 (15½-ounce) can garbanzo beans
- ½ cup warm water
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons canola oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Optional Ingredients:

- 1 fresh red pepper, or 3 roasted red peppers from a jar
- Pinch ground cumin, ground cayenne pepper, or red pepper flakes

Materials

Materials:

- Can opener
- Colander
- Cutting board
- Measuring cups
- Measuring spoons
- Sharp knife
- Small bowl

Special Materials:

- Blender

• Instructions

1. Peel and chop garlic. If using fresh red pepper, rinse, remove core and seeds, and mince now. Or, mince jarred roasted peppers.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender. If using optional

spices, add now. Blend until creamy and well mixed.

5. If using, top hummus with minced red pepper.

Nutritional Information

Nutrition Facts

Serving Size 1/4 cup

Servings Per Recipe 10

Amount Per Serving

Calories 60 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **13%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.