



Recipe: Hummus



INGREDIENTS

- 2 cups garbanzo beans, cooked (chickpeas)
- 2 cloves garlic (minced)
- 1/4 cup lemon juice
- 1 tablespoon sesame tahini (sesame paste)
- 2 tablespoons olive oil

DIRECTIONS

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

NUTRITIONAL INFORMATION:

Serves 6

Per serving: 157 calories, 8 g total fat; 1 g saturated fat, 138 mg sodium, 5 g total fiber, 6 g protein, 18 g carbohydrates.