

Hummus

4 garlic cloves, minced and then mashed
2-15 oz cans garbanzo beans (chickpeas), drained and rinsed
2/3 cup tahini (sesame seed oil)
1/3 cup lemon juice
1/2 cup water
1 Tbsp olive oil
1/2 tsp. salt

In a food processor or blender, combine all ingredients. Serve with pita bread wedges, fresh cut veggies or baked chips. Makes 12- 1/4 cup servings.

Nutrition Information Per Serving: 156 Calories; 6 grams Protein; 9 grams Fat; 16 grams Carbohydrate; 314 mg Sodium.