

Black-Eyed Pea Hummus

Ingredients:

15 ounces black-eyed peas,
 canned, rinsed and
 drained
 1/3 cup low-fat sour cream
 1/4 cup water
 1 medium green onion,
 whole, cut into 2" pieces
 1/2 teaspoon ground cumin
 1 clove garlic
 1/2 teaspoon salt
 1/4 teaspoon hot pepper
 sauce

Equipment:

Food Processor or Blender
 Colander
 Can opener
 Measuring cups
 Measuring spoons
 Spatula
 Bowl
 Fork

Number of Servings: 12
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Put all the ingredients in a food processor or blender.
2. Process until smooth, stopping occasionally to scrape the side with a rubber spatula.
3. Serve at room temperature or refrigerate.
4. Eat within 48 hours.

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Nutrition Facts

Serving Size: 2TbIs.

Servings: 12

Amount Per Serving

Calories 128 Calories from Fat 9

%Daily Value*

Total Fat 1g 1%

Saturated Fat trace g 2%

Cholesterol 1mg 0%

Sodium 105mg 4%

Total Carbohydrate 22g 7%

Dietary Fiber 4g 15%

Protein 9g 17%

Vitamin A 0% Vitamin C 2%

Iron 17% Calcium 5%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. 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 your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.