

Hummus

Ingredients:

- 16 ounces chickpea or garbanzo beans, canned
- 1/4 cup liquid saved from beans
- 4 tablespoons lemon juice, or one large lemon
- 1 1/2 tablespoons tahini, or 2 tablespoons peanut butter
- 1/4 teaspoon garlic powder or 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 4 pita breads, whole-wheat, split and toasted

Directions

1. Preheat oven to 350°F.
2. Separate pita bread rounds into one layer, and cut into 8 wedges. Bake for 10 minutes until brown and crisp.
3. Open garbanzo beans and place in a strainer or colander under running water to rinse salt away. Allow water to drain away after rinsing.
4. Add to a blender container or bowl.
5. Add remaining ingredients to blender or bowl. Blend or mash for three to five minutes until smooth.
6. Pour into a serving bowl, and serve immediately with pita bread, or cover and refrigerate.

Equipment:

- Blender or bowl with potato masher
- Colander
- Measuring cups
- Measuring spoons
- Baking sheet

Number of Servings: 10

Prep Time: 10 minutes

Total time: 10 minutes

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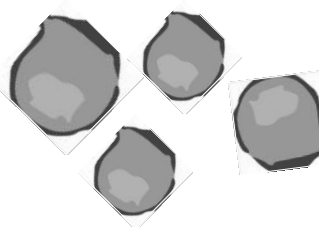
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Nutrition Facts

Serving Size: 8 wedges with 1/4 cup dip
 Servings: 8

Amount Per Serving		
Calories 202		Calories from Fat 54
		%Daily Value*
Total Fat 6g		10%
Saturated Fat 1g		4%
Cholesterol 0mg		0%
Sodium 476mg		20%
Total Carbohydrate 32g		11%
Dietary Fiber 5g		21%
Protein 6g		13%
Vitamin A 0%	Vitamin C 10%	
Iron 11%	Calcium 4%	



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