

Easy Hummus

Serves 8 as a dip or spread

No need to spend money on hummus! This is a quick version with great lemon flavor.

- 2 cups chick peas (one 15-ounce can, drained and rinsed)
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 3 cloves garlic, chopped
- ⅓ cup canola oil
- ¼ cup lemon juice
- 2 tablespoons chopped parsley (optional)

Mix all ingredients together with a fork or in a blender, until smooth. Serve as a dip with vegetables.

Nutrition information: calories 148, total fat 9g, saturated fat 1g, sodium 326mg, carbohydrates 15g, dietary fiber 3g, protein 3g

Healthy Tip

Chick peas (also known as garbanzo beans) are a great source of protein, iron, calcium and fiber.



Vary the flavor of hummus with different spices. Try crushed red pepper, dill, garlic powder, or even curry powder.