

Chickpea Dip

Makes: 4 servings

Make your own delicious chickpea dip! Yogurt and paprika add a new dimension to this hummus recipe.

Ingredients

3 garlic clove

1/4 cup yogurt (plain, low-fat)

1 tablespoon lemon juice (fresh)

1 teaspoon olive oil

1/4 teaspoon salt

1/4 teaspoon paprika

1/4 teaspoon pepper

1 can chickpeas (19oz, drained garbanzo beans)

Directions

1. Put all ingredients into a food processors and blend until smooth.
2. Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables.

Source: Centers for Disease Control and Prevention, More Matters Recipes

Nutrition Information

Nutrients	Amount
Calories	160
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	190 mg
Total Carbohydrate	26 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available