



## CHICKPEA DIP WITH FRESH VEGETABLES

Makes 4 servings

### INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 2 cloves garlic
- ¼ cup plain low-fat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ½ teaspoon chili power or cumin
- ⅛ teaspoon ground black pepper
- 1 carrot, sliced
- 2 medium celery stalks, sliced
- ¼ cup snap peas

### DIRECTIONS

1. Put the first nine ingredients into a food processor and blend until smooth.
2. Serve at room temperature with vegetable slices and snap peas.

# FRESH VEGETABLES AND CHICKPEAS

## WHAT TO LOOK FOR

- Choose fresh vegetables such as sliced yellow squash or zucchini, sliced bell peppers, carrot strips, celery strips, broccoli, cherry or grape tomatoes, snap peas and cauliflower.
- Select canned chickpeas or garbanzo beans with reduced sodium.
- When using dried garbanzo beans, choose beans that do not appear shriveled or dried-out. Soak overnight, drain, add fresh water, then simmer for an hour or until tender. Drain and process in a blender or food processor.

## CHICKPEA DIP NUTRITION FACTS:

Serving size 2 tablespoons, Calories 211, Total Fat 4g, Sodium 336mg, Total Carbohydrate 34g, Dietary Fiber 8g, Protein 11g

## HOW TO STORE

- Keep homemade hummus refrigerated in a covered airtight container at ~~400°F~~ 40°F for about 5 to 7 days. If you see any signs of mold, discard.
- Freeze in freezer containers or bags at 0°F or below. For best quality, eat within a couple of months.

**This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) under an agreement with the State of Tennessee.**

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