

Fiesta Hummus

Makes: 6 servings

This dip is full of protein and can be served with vegetables or whole wheat pita for a healthy snack. Make it as spicy as you like by adding more or less of the cayenne pepper and jalapeno pepper.

Ingredients

- 1 can** garbanzo beans
- 1/2 teaspoon** cumin
- 1/4 teaspoon** salt
- 1 dash** of cayenne pepper
- 2** garlic clove (minced)
- 1/2 cup** yogurt (plain, non-fat)
- 1 tablespoon** lime juice
- 1 tablespoon** sesame oil
- 1** jalapeno pepper (finely chopped)
- 2 tablespoons** cilantro (chopped)

Directions

1. Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients.
2. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

Oregon State University Cooperative Extension Service, Healthy Recipes

Nutrition Information

Nutrients	Amount
Calories	122
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	231 mg
Total Carbohydrate	17 g
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	6 g
Vitamin D	0 IU
Calcium	68 mg
Iron	1 mg
Potassium	217 mg
N/A - data is not available	
MyPlate Food Groups	
 Vegetables	1/4 cup