EASY HUMMUS DIP

SERVES 6

Preparation time: 10 minutes

INGREDIENTS

1 15-ounce can garbanzo beans, drained and rinsed
1 clove fresh garlic, minced
OR 1 teaspoon minced garlic from a jar OR ¼ teaspoon garlic powder
¾ - 2 teaspoons ground cumin
1 ½ tablespoon olive or canola oil
1 ½ teaspoon lemon juice or white vinegar
¼ teaspoon salt
Paprika, to taste
¼ - ½ cup plain, unsweetened yogurt, or low-fat sour cream (optional)

DIRECTIONS

1. Mash beans by hand, in a food processor or blender, and add remaining ingredients, starting on the low end. Taste often and adjust flavors to your preference.
2. Add water a tablespoon at a time until desired consistency is achieved.
3. Serve with baked chips, tortilla, vegetables sticks, or whole grain crackers.
4. Refrigerate leftovers.

SIMPLY GOOD EATING

- MAKE A SANDWICH with half a pita pocket and lettuce and tomato.
- TRY DIFFERENT BEANS like Great Northern, navy, or cannellini beans.
- TRY DIFFERENT SPICES instead of cumin, like coriander or black pepper.

TIPS & VARIATIONS