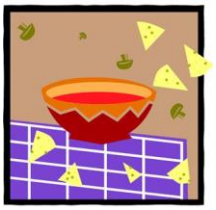

Hummus
Makes about 2 cups

1½ cups Garbanzo beans (chickpeas), drained and rinsed
1 tsp. minced garlic
¼ cup Tahini paste
¼ cup lemon juice
1 tsp. ground cumin
1 tsp. ground coriander
½ tsp. crushed red pepper flakes
1 tsp. kosher salt
vegetables for dipping, such as carrots, broccoli, cauliflower or snap peas

Combine first 8 ingredients in a food processor or blender container; cover and process until fairly smooth. Chill until serving.

Per 2-tablespoons: 60 calories, 3 g fat, 3 g protein, 6 g carbohydrate, 2 g fiber, 140 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved