



Chickpea Dip with Fresh Vegetables

Purée canned chickpeas, garlic, and seasonings for a quick veggie dip.

Makes 4 servings. 2 tablespoons per serving.

Prep time: 15 minutes

Ingredients

- 1 (15-ounce) can chickpeas
(known as garbanzo beans), drained and rinsed
- 3 cloves garlic
- 1/4 cup plain low-fat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/8 teaspoon ground black pepper
- 1 medium carrot, sliced
- 2 medium celery stalks, sliced
- 1/2 cup snap peas

Preparation

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

Nutrition information per serving:

Calories 211,
Carbohydrate 34 g
Dietary Fiber 8 g,
Protein 11 g,
Total Fat 4 g
Saturated Fat 1 g
Trans Fat 0 g,
Cholesterol 1 mg,
Sodium 336 mg