



Hummus with Raw Veggies

Hummus only

Makes: 8 servings (1 cup veggies and ¼ cup hummus per serving)

Preparation Time: 10 minutes

Ingredients

8 cups raw veggies (i.e. carrots, broccoli, celery, cucumber, or bell pepper)

1 (15 ounce) can garbanzo beans (chickpeas), drained (save liquid)

1 medium clove garlic, crushed

1 teaspoon lemon juice

¼ teaspoon salt

1 tablespoon vegetable oil

2 tablespoons creamy peanut butter (optional)

¼ teaspoon cumin (optional)

Directions

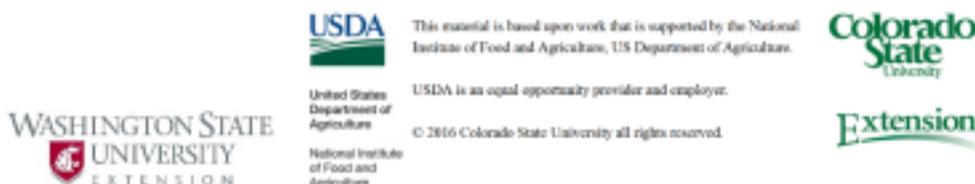
1. Before starting to prepare the recipe:
 - a. Wash hands with soap and water.
 - b. Wash veggies under cold running water, and slice them into easy to dip pieces.
 - c. Drain chickpeas, but save the liquid in a small bowl.
 - d. Collect, chop, and measure all ingredients.
2. Add garbanzo beans, garlic, lemon juice, salt, vegetable oil, peanut butter (if using), and cumin (if using) to a blender. Leave the garbanzo bean liquid aside.
3. Blend on low speed, gradually adding the garbanzo bean liquid 1 tablespoon at a time until smooth and creamy.*
4. Serve with vegetables arranged on a plate around a bowl of the hummus.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

* If you do not have a blender, use the back of a fork to mash the beans, add other ingredients, and stir in garbanzo bean liquid to desired consistency. The hummus will be chunkier if prepared this way.

Nutrition Facts	
8 servings per container	
Serving size	1/4 Cup (60g)
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes Dg Added Sugars	0%
Protein 5g	12%
Vitamin D 0mg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 180mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Be creative! Serve with crackers or chips or on your favorite sandwich



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