

Garlic Chickpea Dip

4 servings

- 3 garlic cloves
- ¼ cup plain low-fat yogurt
- 1 Tablespoon lemon juice
- 1 Tablespoon vegetable oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon pepper
- 1 (15 ounce) can chickpeas, drained and rinsed

1. Wash hands with soap and water.
2. Put all ingredients into a food processor and blend until smooth. If you do not have a food processor, mash the chickpeas with a fork in a medium sized bowl, then mix in the rest of the ingredients.
3. Serve with whole grain crackers or sliced vegetables.
4. Store leftovers in a sealed container in the refrigerator for up to 4 days.



Nutrition Information Serving Size (¼ cup): Calories 130, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Sodium 290mg, Total Carbohydrates 17g, Fiber 4g, Total Sugars 4g, includes 0g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%.

Source: MyPlate Kitchen, Centers for Disease Control and Prevention, More Matters Recipes