

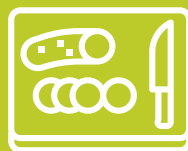


Super Duper Easy Hummus

4 Steps to Food Safety



Clean



Separate



Cook



Chill

Ingredients:

- 1 (15 ounce) can garbanzo beans
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- ¼ teaspoon salt
- 2 Tablespoons olive oil
- 1 Tablespoon lemon juice

Directions:

1. Wash hands with soap and water.
2. Drain and rinse garbanzo beans. In a food processor or blender combine garbanzo beans, garlic, cumin, salt, olive oil and lemon juice. Blend until smooth. May add 2-4 Tablespoons of water to reach desired consistency.
3. Serve with fresh vegetables or pita chips. Makes 5 servings.

Nutrition Information for 1 serving: Calories 100, Total Fat 6g, Saturated Fat 0g, Cholesterol 0mg, Sodium 190mg, Total Carbohydrates 10g, Fiber 3g, Total Sugars 2g, includes 0g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 2%

**For more healthy tips and recipes, go to:
Food.unl.edu**

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