



February 2- Chickpea Dip

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/chickpea-dip>

Recipe

Ingredients:

- 3 garlic clove
- 1/4 cup yogurt (plain, low-fat)
- 1 tablespoon lemon juice (fresh)
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1/4 teaspoon pepper
- 1 can chickpeas (19oz, drained garbanzo beans)

Directions:

1. Put all ingredients into a food processors and blend until smooth.
2. Serve at room temperature with pita chips, crackers, carrots or other dipping vegetables.

Yield 4 servings

Nutrition Facts

Serving Size 1/4 recipe (157.8g)
Servings Per Container 4

Amount Per Serving

Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 640mg 27%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 21%

Sugars 1g

Protein 7g 14%

Vitamin A 0% • Vitamin C 4%

Calcium 8% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.