



November 30- Black Bean Hummus

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=193747>

Recipe

Ingredients:

- 2 15-ounce cans black beans, drained and rinsed
- ½ cup onion, chopped
- 3 garlic cloves, peeled
- 2 teaspoon lemon juice
- 2 teaspoon olive oil
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 3 Tablespoon cilantro (optional)

Directions:

1. Combine all ingredients in a food processor except cilantro. Puree until smooth, about 2 minutes.
2. Add the cilantro and process for about 15 seconds. Enjoy.

Yields 6 servings

Nutrition Facts	
Serving Size 1/2 cup (161.12g)	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 590mg	25%
Total Carbohydrate 27g	9%
Dietary Fiber 8g	32%
Sugars 2g	
Protein 9g	18%
Vitamin A 0%	Vitamin C 4%
Calcium 8%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet.	