



## 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	
<b>Amount Per Serving</b>	
<b>Calories</b> 160	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	1%
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 2g	
<b>Protein</b> 9g	<b>18%</b>
Vitamin A 0%	Vitamin C 4%
Calcium 8%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet.	