

Mega-mash Chickpea Dip

What You'll Need

- 2 cloves garlic, minced
- 3 tablespoons lemon juice
- 1 14-ounce can of chickpeas, drained, liquid reserved
- 1/4 cup drained liquid from chickpeas
- 1/2 cup tahini (a paste made from ground sesame seeds)
- 1 teaspoon salt
- 1 teaspoon cumin (optional)
- pinch cayenne pepper (optional)

Serves 12

Let's Cook!

- 1 Place all ingredients in a food processor or blender and process until smooth, scraping the sides occasionally.
- 2 Spread on whole wheat crackers and pita wedges or use as dip for carrots and celery.

Nutrition Facts

Serving Size (48g)	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A 0%	• Vitamin C 4%
Calcium 4%	• Iron 8%



Appetizers