



Chickpea Dip with Fresh Vegetables

Purée canned chickpeas, garlic, and seasonings for a quick veggie dip.

Makes 4 servings. 2 tablespoons per serving.

Prep time: 15 minutes

Ingredients

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| 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed | ¼ teaspoon paprika |
| 3 cloves garlic | ⅛ teaspoon ground black pepper |
| ¼ cup plain lowfat yogurt | 1 medium carrot, sliced |
| 1 tablespoon lemon juice | 2 medium celery stalks, sliced |
| 1 teaspoon olive oil | ½ cup snap peas |
| ¼ teaspoon salt | |

Preparation

1. Put the first eight ingredients into a food processor and blend until smooth. Serve at room temperature with vegetable slices and snap peas.

Nutrition information per serving: Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg