

Garlicky Hummus



Ingredients:

- 1- 15 ounce can of chickpeas , drained and rinsed
- 1 lemon, juiced
- 1 clove garlic , peeled, raw or roasted (your choice)
- 2 tablespoons Greek yogurt, plain
- 1 teaspoon cumin
- salt and pepper to taste
- 2 Tablespoons Extra Virgin olive oil

Directions:

1. Place chickpeas, lemon juice, garlic and yogurt into a food processor or blender. Blend until smooth. If mixture is too thick, add a teaspoon of water and blend until smooth.
2. Stir in cumin, and salt and pepper to taste. Place hummus in an air tight container.
3. Refrigerate until ready to serve.
4. Drizzle with olive oil before serving.
5. Serve with fresh vegetables, pita chips, or on a wrap.

Makes 6 Servings



Tarrant County Public Health
<http://health.tarrantcounty.com>