

HUMMUS

INGREDIENTS

- 1 garlic clove
- 1 lemon
- 1 can garbanzo beans
- 1/2 cup warm water
- 2 tablespoons low-fat plain yogurt
- 2 tablespoons canola or olive oil
- 1 teaspoon salt
- 1/4 teaspoon fresh ground black pepper



DIRECTIONS

1. Peel and chop garlic.
2. Rinse lemon and cut in half. Squeeze juice in small bowl and discard seeds.
3. Drain and rinse garbanzo beans in a colander.
4. Add garlic, lemon juice and remaining ingredients to a blender. Blend until well-mixed.
5. Ready to serve!

TIPS

- Top hummus with chopped red bell pepper
- Serve with sliced whole wheat pita bread
- Use as a dip for fresh vegetables like carrots, cucumbers and broccoli
- Add spices to the mix such as cayenne pepper, cumin or red pepper flakes
- Create a sandwich using whole wheat pita or bread, vegetables and hummus
- If you do not have a blender, a potato masher can be used



This recipe card has been developed as part of the Cheyenne River
Cooking for Health (Wičhózaŋni Étkiya Lol'íwaŋ'aŋ) Project. For more
diabetes-friendly recipes, visit
www.mbiri.com/projects/cookingforhealth.



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Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 10

Amount Per Serving

Calories 60 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g **4%**

* Percent Daily Values are based on a 2,000 calorie diet.

MISSOURI BREAKS



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