

M Fit Hummus

By

M Fit Culinary Team

Servings: 8

- 1-2 cloves garlic - peeled, & shoot removed
- 2 cups garbanzo beans, cooked - (or 1 15 oz can drained & rinsed)
- 2 tablespoons tahini - (sesame paste)
- ½ teaspoon ground cumin - or to taste
- 2 tablespoons lemon juice - or to taste
- 1 teaspoon low sodium soy sauce
- ¼ cup Italian parsley
- ¼ cup plain non- fat yogurt

Method

Place garlic in the food processor, fitted with the steel blade, while the machine is running. Add the garbanzo beans and process until well blended.

Add tahini, ground cumin, lemon juice, and soy sauce. Process again to blend ingredients.

Add parsley and process until parsley is chopped. Do not over process during this step as the mixture will turn green.

Add yogurt and pulse just to combine.

Per serving: 97 Calories; 3g Total Fat; 5g Protein; 13g Carbohydrate; trace Cholesterol; 39mg Sodium

Food exchanges: 1 Grain; 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates

Serving ideas: Excellent as a dip with our crispy pita triangles, or bite-size vegetables; as a sandwich spread; as a substitute for sour cream in a baked potato; or stuffed into cherry tomatoes, baby zucchini and/or celery boats.

Variations:

Add finely grated lemon zest, lemon thyme, or lemon balm to enhance citrus flavor.

Add chopped mint for a cool change.

Add cayenne for a spicy touch.