



AFTER SCHOOL HUMMUS

Serves: 8 | Serving Size: 2 Tbsp | Per Serving: \$.27

INGREDIENTS

- 1 can (15-ounce) reduced-sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves, minced or ¼ teaspoon
- garlic powder
- 1½ tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon olive oil or vegetable oil
- 1/8 teaspoon black pepper
- ½ cup plain nonfat yogurt

INSTRUCTIONS

1. Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed.
2. Stir in yogurt with spoon.
3. Refrigerate for several hours or overnight so the flavors blend.
4. Serve with pita chips, crackers, or fresh veggies.

COOKING TIPS

- Hummus packs a lot of protein and fiber. Let your kids dip raw veggies, crackers, or pita chips into this healthy snack.
- Before adding to blender: mash the beans with a fork, chop garlic finely, and then stir the ingredients frequently.
- Add 1/3 cup chopped red pepper.
- Store the hummus in an airtight container in the fridge. Use within 2-3 days.
- Learn how to make your own [homemade pita chips](#).

Nutrition Facts	
Serving Size 2 Tbsp	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 4%

IOWA STATE UNIVERSITY

Extension and Outreach

... and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

January 2012.