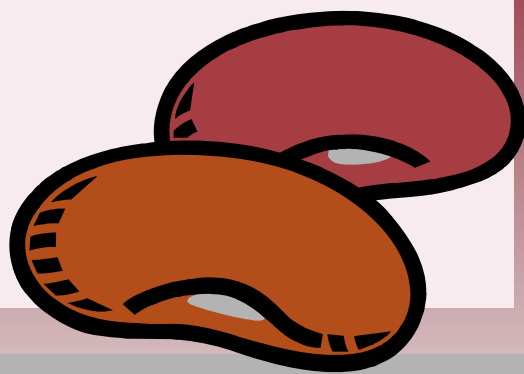


Traditional Hummus



Ingredients:

- 3 cups of cooked dried beans
- 2 garlic cloves, crushed
- 1/2 cup water
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon cumin
- 1/4 teaspoon black pepper
- Dash of ground paprika for serving

Preparation:

1. Place beans and garlic in a food processor; pulse 5 times or until chopped. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.
2. Place in bowl and sprinkle with paprika.

Yield: 3 1/4 cups (serving size: 1/4 cup) Serve with raw vegetables.

Calories 77; Total Fat 1.7 g; Saturated Fat 0.2 g; Cholesterol 0 mg; Sodium 90 mg; Carbohydrate 13 g; Dietary Fiber 2.5 g; Protein 3 g.