

Garlic Chickpea Dip

4 Servings





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• 1/4 c. plain low-fat yogurt

4 Servings

Ingredients:

3 garlic cloves

• 1 T. vegetable oil

• 1/4 tsp. pepper • 1/4 tsp. salt

• 1 T. lemon juice

• 1/4 tsp. paprika

• 1 (15.oz) can chickpeas,

drained and rinsed

Directions:

- 1. Wash hands with soap and warm water. Rinse fresh herb by gently moving around in a bowl of cool water. Pat dry with a paper towel.
- 2. Put all ingredients into a food processor and blend until smooth. If you do not have a food processor, mash the chickpeas with a fork in a medium sized bowl, then mix in the rest of the ingredients.
- 3. Serve at room temperature with whole grain crackers or sliced vegetables.
- 4. Store leftovers in a sealed container in the refrigerator.

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