

Ingredients:

- 1 15-oz can garbanzo beans, drained and rinsed
- 2 tablespoons cilantro
- 1 clove garlic, peeled and chopped
- 1 tablespoon jalapeno, seeds removed and finely chopped
- 1 lemon, juiced
- 1 lime, juiced
- 2 tablespoon olive oil
- 1 tablespoon water

Cilantro Jalapeno Hummus

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Directions:

1. Wash hands with soap and warm water. Wash all fresh fruits and vegetables before preparing.
2. Open the can of garbanzo beans. Drain and rinse.
3. Chop 2 tablespoons cilantro leaves. Peel and chop the garlic. Finely chop 1 tablespoon of the jalapeno pepper (about half the pepper).
4. In a blender, combine the beans, cilantro, garlic, and jalapeno. Add the lemon juice, lime juice, and water.
5. Blend until smooth.
6. Serve immediately with fresh vegetables or whole grain pita chips or crackers. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts (Per Serving)

Calories, 80; Carbohydrate, 9g; Protein, 2 g; Total Fat, 4 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Total Sugars, 2 g; Sodium, 78 mg; Calcium, 18 mg; Folate, 16 mcg; Iron, 1 mg; Calories from Fat, 44%.

4 cups each



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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