



### **“HALF-TIME HUMMUS”**

- 2 CUPS GARBANZO BEANS (CHICK PEAS), CANNED
- ½ CUP PLAIN NONFAT YOGURT
- 2 TABLESPOONS TAHINI (SESAME SEED PASTE)
- 1 TEASPOON FRESH GARLIC, CRUSHED
- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 1 TEASPOON FRESH LEMON JUICE
- 2 TABLESPOONS SUN-DRIED TOMATOES, CHOPPED

1. RINSE BEANS WITH WATER THEN DRAIN. IN A FOOD PROCESSOR, ADD BEANS, YOGURT, TAHINI, GARLIC, OLIVE OIL & LEMON JUICE. BLEND UNTIL MIXTURE REACHES A SMOOTH CONSISTENCY.

2. PLACE IN A SERVING DISH & SPRINKLE SUN-DRIED TOMATOES ON TOP.

3. REFRIGERATE FOR 2 HOURS. SERVE WITH SLICED RAW VEGETABLES OR WARM WHOLE-WHEAT PITA BREAD.

SERVINGS: 4 / PREP TIME: 15 MINUTES / COOK TIME: 0 MINUTES

BEANS ARE A GREAT SOURCE FOR PROTEIN & FIBER. SERVE THIS DISH AS AN AFTER SCHOOL SNACK OR AS AN APPETIZER FOR A PARTY.

