



Waistline Wednesday

HUMMUS WITH SUN DRIED TOMATOES

- 2 cups garbanzo beans (chick peas), canned
 - 1/3 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
 - pinch sea salt, to taste
 - pinch cayenne pepper, to taste
 - 2 tablespoons sun-dried tomatoes, finely 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. Add sea salt & cayenne pepper to taste. 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: 8 / prep time: 15 minutes / cook time: 0**