



# Hummus Dip with Veggies

Servings per recipe: 32 servings

Serving size: 2 tablespoons

[kideatscooking.org](http://kideatscooking.org)

## Ingredients

2 (15-ounce) cans of garbanzo beans (chickpeas), rinsed and drained  
3 to 6 cloves of garlic (peeled)  
**2 tablespoons** lemon juice  
**3 tablespoons** olive oil

**½ teaspoon** salt  
**½ teaspoon** pepper  
**½ cup** tahini (ground sesame seeds) (optional)  
Vegetables for dipping

## Tools

1 electric blender or food processor  
1 spoon  
1 medium bowl with lid  
1 can opener

## Directions

*Wash hands and make sure utensils and countertops are clean.*

1. Assemble ingredients and rinse vegetables under running water.
2. Place garbanzo beans into electric blender or food processor.
3. Add garlic, lemon juice, olive oil, salt, pepper, and optional tahini.
4. Blend.
5. If dip is too thick, slowly add water until hummus reaches desired consistency.
6. Slice or cut vegetables for dipping.

*Share and enjoy!*



### Tip:

Hummus can also be used as a dip with vegetables, pieces of whole-grain pita bread, tortilla chips, or pita chips. Use as a spread for sandwiches, rolls, wraps, etc. Great to use in place of mayonnaise!

### Nutritional Analysis (per serving)

Calories: 59.3 kcal  
Fat: 3.7 g  
Saturated  
Monounsaturated  
Carbohydrates: 5.2 g  
Fiber: 1.5 g  
Sugar: .8 g  
Protein: 2.0 g

© 2017 NMSU Board of Regents. All rights reserved. This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2012-68001-19956.



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture



All About Discovery™  
College of Agricultural, Consumer  
and Environmental Sciences  
Cooperative Extension Service

UConn | COLLEGE OF AGRICULTURE,  
HEALTH AND NATURAL RESOURCES

EXTENSION