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Chickpea Dip with Fresh Vegetables

Ready In: 15 minutes

Serves: 1

Purée canned chickpeas, garlic, and seasonings for a quick veggie dip

Ingredients

- » 3³/₄ ounces Chickpeas *also known as garbanzo beans, equivalent to one can drained and rinsed*
- » 3³/₄ cloves Garlic
- » A pinch of Yogurt *plain, low-fat*
- » 1¹/₄ tablespoon Lemon Juice
- » 1¹/₄ teaspoon Vegetable Broth
- » A pinch of Salt
- » A pinch of Paprika
- » A pinch of Black Pepper
- » 1¹/₄ Carrot *medium, sliced*
- » 1¹/₂ stalks Celery *medium, sliced*
- » 1¹/₈ cup Snap Peas

What you'll need

- » Can opener
- » Measuring cups
- » Cutting board
- » Spatula or spoon
- » Blender or food processor
- » Measuring spoons
- » Sharp knife

Directions

1. Put the first eight ingredients into a food processor and blend until smooth. Serve at room temperature with vegetable slices and snap peas.



Nutrition Facts	
Serving Size 2.00 tbsp	
Serving Per Container 1	
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Amount Per Serving	
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Calories 142	
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	% Daily Value*
Total Fat 3 g	4%
Saturated Fat <1 g	2%
Sodium 492 mg	21%
Total Carbohydrate 23 g	8%
Dietary Fiber 6 g	21%
Protein 7 g	
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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