

## Fiesta Hummus

Serves: ¼ cup  
Serving size: 6

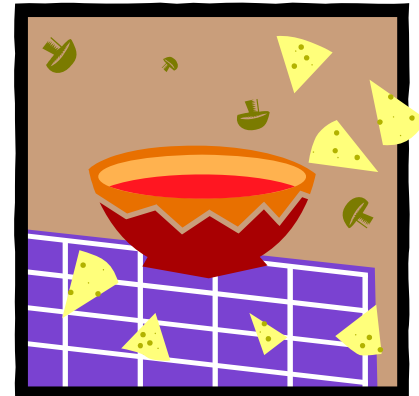
### Ingredients:

1 can garbanzo beans  
½ teaspoon cumin  
¼ teaspoon salt  
dash of cayenne pepper  
2 garlic cloves, minced  
½ cup plain non-fat yogurt  
1 tablespoon lime juice  
1 tablespoon sesame oil  
1-2 finely chopped jalapeno peppers  
2 tablespoons chopped cilantro

### Directions:

Drain and mash garbanzo beans in blender, food processor or with fork. Add remaining ingredients. Blend until smooth. Chill one hour or overnight. Serve on crackers or tortilla chips. Promptly refrigerate leftovers.

This delicious snack is high in protein and low in fat.



### Nutrition Facts

Serving Size 2 oz. (107g)  
Servings Per Container 6

#### Amount Per Serving

**Calories 100**      **Calories from Fat 30**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 390mg**      **16%**

**Total Carbohydrate 13g**      **4%**

Dietary Fiber 3g      **12%**

Sugars 2g

**Protein 5g**

Vitamin A 2%      • Vitamin C 4%

Calcium 6%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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