

Fit for the Holidays

Garlic Garbanzo Bean Spread



Time to prepare: 10 minutes

Servings: 12

Ingredients

- 1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained
- ½ cup extra-virgin olive oil
- 2 tbsp. fresh parsley, minced
- 1 tbsp. lemon juice
- 1 green onion, cut into three pieces
- 1-2 garlic gloves, peeled
- ¼ tsp. kosher salt
- Assorted fresh vegetables and baked whole-grain pita chips



Preparation

1. In a food processor, combine the first 7 ingredients. Process until blended.
2. Transfer to a serving bowl. Refrigerate until serving.
3. Serve with vegetables and whole-grain pita chips.

Note: Recipe yields 1 – 1 ½ cups.

Nutritional Information (2 tbsp.)			
Calories	114	Monounsaturated fat	9 g
Protein	1 g	Cholesterol	0 mg
Carbohydrates	6 g	Fiber	1 g
Saturated fat	1 g	Sodium	96 mg

Resource: www.tasteofhome.com

