

CHICKPEA DIP

4 Servings, about 3 tablespoons each, plus 4 servings for another meal or snack.

Canned chickpeas, drained	1 15-1/2-ounce can
Vegetable oil	2 tablespoons
Lemon juice	1 tablespoon
Onions, chopped	2 tablespoons
Salt	1/2 teaspoon

PREPARATION TIME: 10 MINUTES

1. Mash chickpeas in a small bowl until they are smooth.
2. Add oil and lemon juice; stir to combine.
3. Add chopped onions and salt.
4. Serve on bread or crackers.

Note: Garbanzo bean is another name for chickpea.

PER SERVING:

Calories	90
Total fat	4 grams
Saturated fat	Trace
Cholesterol	0
Sodium	148 milligrams