

Fiesta Hummus

Yield 6 servings

Ingredients

1 can	garbanzo beans
1/2 teaspoon	cumin
1/4 teaspoon	salt
1 dash	cayenne pepper
2	garlic clove (minced)
1/2 cup	yogurt (plain, non-fat)
1 tablespoon	lime juice
1 tablespoon	sesame oil
1	jalapeno pepper (finely chopped)
2 tablespoons	cilantro (chopped)

Instructions

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

Cost

Per recipe: \$1.70
 Per serving: \$0.28

Source

Oregon State University Cooperative Extension Service, [Healthy Recipes](#)

Nutrition Facts	
Serving Size 1/4 cup (101g)	
Servings Per Container 6	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	
Vitamin A 2%	• Vitamin C 10%
Calcium 6%	• Iron 6%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	