



Lemony Garbanzo Bean Dip



(Foodhero.org)

Ingredients



- 1 can (15 ounces) garbanzo beans, drained and rinsed
- 1/2 cup low-fat sour cream
- 2 tablespoons lemon juice
- 1 tablespoon oil
- 1/2 teaspoon cumin
- 1 teaspoon hot sauce
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 2 tablespoons or more cilantro, chopped



Directions



Yield: 2 cups **Serving size:** 2 Tablespoons

Total cost: \$2.79 **Serving cost:** \$0.17

1. For a smooth dip, place all ingredients in a blender and blend until smooth. OR for a chunky dip, mash beans well with a fork or potato masher then stir in remaining ingredients.
2. Add additional liquid as needed for desired consistency.
3. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Serve with fresh vegetables or Tortilla Chips.
- Freeze extra lemon juice to use later.
- Don't have any canned beans? Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

Nutrition Facts	
16 servings per container	
Serving size	2 Tablespoons (26g)
Amount per Serving	
Calories	40
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 37mg	0%
Vitamin A 8mcg	1%
Vitamin C 1mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



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