

Hummus (no tahini)

Ingredients

- 1 can (15 ounces) **garbanzo beans**, drained and rinsed
- 2 Tablespoons **lemon juice** (fresh or bottled)
- 2 teaspoons **vegetable oil**
- ½ cup nonfat **plain yogurt**
- 1 clove **garlic**, or ¼ teaspoon garlic powder
- ¼ teaspoon **pepper**
- ½ teaspoon **cumin**

Directions

1. Place all ingredients in a blender.
2. Blend to desired consistency (more time for smooth dip, less for a chunky dip).
3. If hummus seems too thick, add 2 teaspoons water.
4. Refrigerate leftovers within 2 hours.

Or

1. Spread garbanzo beans on a large plate. Mash well with a fork until they are as smooth as you like.
2. Mix with other ingredients in a small bowl.
3. If hummus seems too thick, add 2 teaspoons water.
4. Refrigerate leftovers within 2 hours.

Notes

- Change the flavor by adding chili powder, hot sauce, or chopped cilantro or parsley.
- Serve with fresh vegetables or Food Hero Baked Tortilla Chips.
- Freeze extra lemon juice to use later.
- Cook your own dry beans. One can (15 ounces) is about 1 ½ to 1 ¾ cups drained beans.



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