

BITS and BITES

Black-Eyed Pea Hummus

Ingredients

- 1 15.5 oz. can black-eyed peas, drained & rinsed
- Small clove garlic, chopped
- 2 tbsp. olive oil
- 1.5 tbsp. lemon juice
- 1 tbsp. vinegar
- ½ tsp. ground cu in
- ½ tsp. smoked paprika
- Salt & pepper, to taste

Directions

1. Add all ingredients to a blender or food processor. Blend until smooth and enjoy!

Hummus is a good source of protein, iron, folate, phosphorus, B vitamins, and fiber.

Hummus is a great snack for everyone! Hummus can be used as a dip for vegetables, like raw cucumbers, carrots, zucchini, and bell peppers. You could also serve hummus as a dip with whole wheat pita or whole wheat crackers!

Think about adding cilantro, basil, or parsley for additional flavor.

Hummus could also be used as a substitution for mayonnaise on sandwiches!

SOURCE:

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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NC STATE EXTENSION

Steps to Health
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

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