

OTHER DISHES

Simple Hummus



Ingredients:

- * 15 oz can chickpeas, no salt added, drained, rinsed
- * 2 tbsp water
- * 2 tbsp olive oil
- * 1 tbsp lemon juice
- * 1 clove garlic, minced
- * 3/4 tsp cumin
- * 1/4 tsp paprika

Directions:

Makes 8 servings.

Place all ingredients, except paprika, into a food processor. Process until mixture is smooth and creamy, you can add up to 2 more tablespoons of water if needed. Transfer to bowl, sprinkle with paprika, cover and refrigerate.

Nutrition Facts	Amount Per Serving		Amount Per Serving		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
		% Daily Values*		% Daily Values*	
Serving Size 1 Calories 172	Total Fat 8g	12%	Total Carbohydrate 20g	7%	Calories 2,000 2,500
	Saturated Fat 1g	5%	Dietary Fiber 4g	16%	Less than 65g 80g
	Trans Fat 0g		Sugars 1g		Less than 20g 25g
	Cholesterol 0mg	0%	Protein 6g	12%	Less than 300mg 300mg
	Sodium 26mg	1%			Less than 2400mg 2400mg
					Total Fat 300g 375g
				Dietary Fiber 25g 30g	

Serve with options:

Carrots

Celery

Whole grain cracker

Corn chips



Chickpeas are a great source of protein, which will keep you feeling full!

Recipe adapted from: <http://thewholesomedish.com/simple-hummus-without-tahini/>

OTHER DISHES

Greek Tzatziki



Ingredients:

- * 1½ cups plain Greek yogurt
- * ½ medium cucumber, peeled, seeded, chopped
- * 1 garlic clove, minced
- * 2 tsp fresh dill, chopped
- * 1 tsp lemon zest
- * 1 tsp lemon juice
- * ½ tsp black pepper

Directions:

Makes 4 servings.

Place all ingredients into a food processor or high power blender and process until it becomes mostly smooth. Transfer to a bowl, cover and refrigerate before serving.

Nutrition Facts	Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
	Serving Size 1 Calories 118	Total Fat 9g	14%	Total Carbohydrate 6g
Saturated Fat 6g		30%	Dietary Fiber 0g	0%
Trans Fat 0g			Sugars 5g	
Cholesterol 23mg		8%	Protein 4g	8%
Sodium 51mg		2%		

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

Serve with options:

Carrots

Celery

Whole grain cracker

Whole wheat pita



Chickpeas are a great source of protein, which will keep you feeling full!

Recipe adapted from: <http://thewholesomedish.com/chicken-gyro-burgers-tzatziki-sauce/>