
SPICY BLACK BEAN HUMMUS

8 servings

1 clove	Garlic, peeled
2 tablespoons	Lemon juice,
1 tablespoon	Tahini (roasted sesame seed paste)
1 teaspoon	Ground cumin
¼ teaspoon	Salt
1 (15 ounce) can	Black beans, rinsed & drained
1 small	Jalapeno pepper, chopped
Dash	Crushed red pepper
2 teaspoons	Extra-virgin olive oil
Dash	Ground red pepper
1 (6ounce) bag	Pita chips

- Place garlic in food processor; process until finely chopped.
- Add lemon juice, tahini, cumin, salt, black beans, jalapeno pepper, and crushed red pepper; process until smooth.
- Spoon bean mixture into a medium bowl and drizzle with extra virgin olive oil. Sprinkle with ground red pepper.
- Serve with pita chips.

Nutritional Information:

148 calories, 6g fat, 20g carbohydrate, 5g protein, 381mg sodium