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 (6 ounce) 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