

## [Chickpea dip](#)



Recipe credit

*More Matters Recipes*, US Department of Health and Human Services, Centers for Disease Control and Prevention (CDC)

[Ver esta receta en español](#)

## **About this recipe**

Serves

4

Special criteria

[Summer meals in a SNAP](#)

## Ingredients

- 3 garlic cloves
- 1/ 4 cup yogurt (plain, fat-free)
- 1 tablespoon lemon juice (fresh)
- 1 teaspoon olive oil
- 1/4 teaspoon salt
- 1/ 4 teaspoon paprika
- 1/8 teaspoon black pepper
- 1 can (19 oz) chickpeas, low-sodium (drained garbanzo beans)

## Directions

1. Wash hands with soap and water
2. Put all ingredients into a food processor and blend until smooth
3. Serve at room temperature with pita chips, crackers, carrots, or other dipping vegetables.

## Tips and variations

Learn more about:

- [Garlic](#)
- [Lemons](#)

## Nutritional info

Calories

117

Total fat

3g

Saturated fat

0g

Cholesterol

0mg

Sodium

298mg

Total carbohydrates

17g

Dietary fiber

5g

Protein

6g

Total sugar

4g

## **View other recipe categories**

- [Beverages](#)
- [Breads](#)
- [Breakfast](#)
- [Main dishes](#)
- [Salads](#)
- [Seasonings and salsa](#)
- [Side dishes](#)
- [Snacks and sweets](#)
- [Soups](#)