



Pick a better snack™

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Dip It!

Let's face it; kids like to dip their food. Maybe it's because they can eat with their hands and not get in trouble. Whatever the reason, take the opportunity to serve hummus. Many kids like hummus, and it's an easy way to add protein-rich beans to their diet. You can buy prepared hummus in the grocery store in a variety of flavors. This is a very convenient option, but costs more than making your own. Packaged hummus can cost \$3.00 - \$4.00 for a 12-ounce container. For half the cost, you can make your own. Will hummus be the new favorite dip in your house?

Hummus

Serves: 6

Ingredients:

- 1 can (16 ounces) garbanzo beans (drained)
- 1-2 teaspoon minced garlic
- 2-3 tablespoons olive oil

Directions:

1. Put the beans, garlic and oil into a blender.
2. Place the lid on top and blend until smooth.
3. Serve hummus as a dip with raw vegetables (try carrot sticks), on a piece of pita bread or flour tortilla, on a cracker, or as a sandwich filling on toasted bread.

Note: For the traditional recipe, add 1 tablespoon of sesame tahini (sesame seed paste). Hummus tastes great without it, so if you want to limit the ingredients you need to buy, skip the tahini.

Recipe provided by the Oklahoma Nutrition Information and Education Project and accessed on USDA's website, <http://www.whatscooking.fns.usda.gov/>.

Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to dhs.iowa.gov/food-assistance for more information.



Garbanzo Beans Tips

Selecting: This recipe can be made with canned beans or dried beans. Canned chickpeas (also called garbanzo beans) are convenient, because they are already cooked. Choose low-sodium canned beans over regular canned beans for better nutrition at no extra cost. Dried chickpeas can be soaked in water and cooked according to package directions and used in this recipe.

Storing: Keep dried beans in a bag or another closed container at room temperature. Store canned beans at room temperature as well.



Wash. Bite. How easy is that?