

Heart Healthy Recipes

from Gwinnett Medical Center



Guilt Free Hummus

- 1 1/2 cup cooked or canned chickpeas, rinsed
- 1/4 cup nonfat plain yogurt
- 1 T chopped parsley
- 1 t minced garlic
- 1/4 t ground cumin
- 1/4 t ground cayenne pepper

Preparation:

In a food processor, combine the chickpeas, yogurt, parsley, garlic, cumin, cayenne pepper, and lemon juice. Process until well blended. Use immediately or refrigerate for up to 3 days. Serve with broccoli, jicama, celery, red and yellow peppers, raw green beans.

Serves: 2

Per serving: Calories 243, Total Fat 2g, Cholesterol 0mg, Sodium 564mg, Carbohydrate 47g, Fiber 8g, Protein 11g