

South o' the Border Hummus

Yield- Approximately 12-4 oz portions

Ingredients-

- 15 oz can garbanzo beans, rinsed, drained
- 15 oz can black beans, rinsed, drained
- .25 cup Lemon juice
- 2 tsp fresh, minced garlic
- 1 tsp ground cumin
- 1 tsp paprika
- .5 cup tahini paste (ground sesame seeds)
- 2 tsp canned chipotle peppers in adobo*
- .5 cup roasted red peppers, drained, chopped

- .5 cup roasted salted sunflower seeds
- .5 cup green onions, thinly sliced
- .25 cup fresh chopped cilantro

Method-

Combine beans, lemon juice, garlic, cumin, paprika, tahini, chipotle peppers and red peppers in food processor.

Process until fairly smooth.

Place mixture in mixing bowl and fold in one half amount sunflower seeds, green onions and cilantro.

Transfer into serving dish. Garnish with remaining sunflower seeds, green onions and cilantro.

Serve with fresh cut vegetables, baked tortilla or pita chips.

**Amount can be adjusted according to desired "heat"*

Nutrition Facts			
Serving Size (113g)			
Servings Per Container			
Amount Per Serving			
Calories 170	Calories from Fat 90		
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 240mg			10%
Total Carbohydrate 16g			5%
Dietary Fiber 5g			20%
Sugars 1g			
Protein 7g			
Vitamin A 10%	•	Vitamin C 25%	
Calcium 6%	•	Iron 10%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	• Carbohydrate 4	• Protein 4