VYP Vary Your Protein **Recipe Series**

K·STATE Research and Extension

Recipe Category: Cold Side Dish

Peanut Butter Hummus Dip with Vegetable Sticks

Yield: 2 servings, about 1/4 cup hummus and 1/2 cup vegetables each

2/3 cup cooked chickpeas, cooked without salt, rinsed and drained
2 tablespoons lemon juice
2 tablespoons peanut butter, any kind
a dash of ground black pepper
1 teaspoon dried parsley flakes
1/2 clove of garlic, finely chopped
1 cup of a variety of raw vegetable sticks, such as carrots, celery, broccoli or sweet bell peppers

1. Wash your hands and work area.
2. On a serving plate, mash chickpeas with a fork until smooth.
3. Stir in lemon juice, peanut butter, ground black pepper, parsley and garlic.
4. Mound dip into the center of the plate. Arrange raw vegetable sticks around the dip.
5. Serve.
6. Cover and refrigerate leftovers within two hours.

Meal suggestion: Serve with cubes of poultry, meats, seafood and cheeses, whole grain crackers, and grape juice.

This easy and quick-to-make cold side dish is also fun to eat. It is cholesterol-free and low in sodium. An excellent source of vitamin A and dietary fiber, it is also a good source of vitamin C and iron.

Nutrition Facts

Serving Size about 1/4 cup hummus and 1/2 cup vegetables (141g)
Servings Per Container 2

Amount Per Serving	
Calories 210	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 6g	**24%**
Sugars 7g	
Protein 9g	

Vitamin A 90% • Vitamin C 15%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to *www.ksre.ksu.edu/humannutrition/* The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Jan. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.