

Humus

(bean dip)

1 ½ cups cooked chick peas (garbanzo beans),
mashed 3 medium cloves garlic
1 ½ tsp. salt
Juice from 2 medium lemons
¾ cup tahini (sesame seed paste), optional*
¼ cup finely minced parsley
½ tsp. cumin
¼ cup minced green onions.



Combine everything and chill thoroughly. Taste to correct seasonings. May need more garlic or a dash of soy sauce or cayenne.

Try serving with vegetable sticks or whole grain crackers.

Yield: 12 servings

Serving Size: Each serving provides a meat alternate at snack for children 3-5 years.

*Omit for a lower fat recipe.

Credit: Summertime Snacks, Recipes and Menus Ideas for Summer Food Service Programs, USDA Food and Nutrition Services.