

# Hummus (Chickpea Dip)

Makes 6 servings | Protein

## Ingredients

- 2 cups cooked chickpeas or garbanzo beans
- ½ teaspoon garlic powder
- 2 teaspoons ground cumin
- 1 Tablespoon canola or olive oil
- 1 Tablespoon lemon juice

## Directions

1. Wash hands with warm, soapy water.
2. Mash chickpeas with a large spoon, potato masher, hand mixer, blender, or food processor until smooth.
3. Add garlic, cumin, oil, and lemon juice. Mix until blended.
4. If hummus is too thick, add a little water to thin.
5. Serve with whole-grain crackers, vegetable sticks, or tortilla chips. Use as a sandwich or wrap spread.



# Cooking Dry Beans

Makes 6 cups | Protein

## Ingredients

- 1 pound or 2 cups dry beans (chickpeas, pinto, kidney, black, etc.)
- Water

## Quick Cook Method

1. Put beans in a large pot and add 12 cups of water.
2. Bring to a boil and boil for 2 minutes, then remove from heat. Cover pot and let sit for 1 hour.
3. Discard soaking water and add fresh water to cover the beans. Return to heat and simmer for 1-3 hours, adding water if needed.

## Overnight Method

1. Put beans in a large pot and add 6 cups of water.
2. Let soak for 6 or more hours in the refrigerator.
3. Discard soaking water and add fresh water to cover the bean. Bring to a boil then simmer for 1-3 hours, adding water if needed.



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<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/3 cup (86g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 4g	<b>13%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	8%
Potassium 134mg	2%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.