



Lemon-Garlic Chick Pea Dip with Veggies and Chips

“On the Go Meals”

Yield: 4 servings

Serving Size: 1/4 of recipe

Ingredients:

- 1 (15-ounce) can chick peas, drained
- 1 clove garlic, cracked from skin
- 1 lemon, zested and juiced
- 4 to 5 sprigs fresh thyme leaves, stripped from stems
- coarse salt and pepper, to taste
- a few drops hot sauce, to taste
- 1/4 cup extra-virgin olive oil
- 4 ribs celery from the heart, cut into dipping sticks, about 4 inches long
- 1/2 seedless cucumber, cut into sticks
- 1 red bell pepper, trimmed and cut into sticks
- 1/2 pint grape tomatoes

Directions:

Place garlic in food processor and mince, then add chick peas, lemon zest and juice, thyme, salt, pepper, hot sauce and olive oil. Blend together thoroughly. Transfer dip to a serving dish and surround with veggies and chips.

(Each serving provides 290 calories, 15 grams fat, 2 grams saturated fat, 0 mg cholesterol, 380 mg sodium, 32 grams carbohydrates, 7 grams fiber, 5 grams sugar, 7 grams protein)

Source: Recipe courtesy of Rachel Ray