

Black Eyed Pea Hummus

Ingredients:

1 (15oz.) can black eyed peas, drained
2 cloves garlic, rough chop
2 tbsp. tahini
2 tbsp. olive oil

1 tsp. paprika
Juice of half a lemon
¼ cup fresh parsley
Herbs and spices to taste
2 ice cubes

In a food processor combine black eyes peas, garlic, tahini, lemon juice, parsley, paprika, salt and pepper. Begin blending. While blending add olive oil followed by ice cubes, one at a time. Scrape mixture from sides of food processor making sure entire mixture is included. Blend until desired consistency is reached, and season to taste. Chill and hour and a half before serving.

Nutritional Information:

Total Fat: 7g (Unsaturated: 6g, Saturated: 1g, Trans: 0g) Carbs: 1g

Calories: 110

Fiber: 3g

Protein: 5g

Sodium: 390mg

Cholesterol: 0mg

