



Red Pepper Hummus with Pita Chips



A healthier choice for a snack, and it's ready for dipping in 10 minutes!

1 can (19 oz) Progresso® chick peas, drained, rinsed	1
1 tablespoon lemon juice	1
1 tablespoon olive or vegetable oil	1
2 cloves garlic, chopped	2
1/3 cup drained roasted red bell peppers (from a jar)	1/3
Chopped fresh parsley	
Pita chips, as desired	

1. In food processor, place chick peas, lemon juice, oil and garlic. Cover; process 1 to 2 minutes or until smooth. Add roasted peppers; process 30 to 60 seconds or until peppers are finely chopped. Place in serving bowl; cover and refrigerate until ready to serve.
2. Serve with pita chips.

Makes 12 servings (2 tablespoons hummus each)

Nutrition Information:

1 Serving (1 Serving (2 Tablespoons Hummus)) Calories 70 (Calories from Fat 20), Total Fat 2g (Saturated Fat 0g, Trans Fat 0g), Cholesterol 0mg, Sodium 50mg, Total Carbohydrate 10g (Dietary Fiber 2g, Sugars 0g), Protein 3g; **Percent Daily Value***: Calcium ; **Exchanges**: 1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; Vegetable; 1/2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1/2 Fat; **Carbohydrate Choices**: 1/2; *Percent Daily Values are based on a 2,000 calorie diet.