Savory Yogurt-Hummus Dip With Veggies

A great way to serve some protein at snack time! Try serving this dip with a variety of vegetables or a whole grain bread or cracker.

Ages: 6–18 years
Prep time: 15 minutes
Makes: 6 servings
Cook time: 0 minutes

INGREDIENTS

2½ cups garbanzo beans, low-sodium, canned, drained, rinsed (Save liquid in can to use in step 2. If using water, drain and rinse beans)

1 tsp garlic powder

2 tsp lemon juice, fresh or bottled

2 Tbsp vegetable oil

¼ cup water or liquid from garbanzo beans

1 tsp cumin, ground

¼ tsp black pepper, ground

¼ cup Greek yogurt, plain, non-fat

2¼ cups broccoli, florets, fresh

2¼ cups carrots, baby, fresh

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.

2. In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed. Set aside. Keep cold at 40 °F or lower (see notes).

3. In a medium bowl combine broccoli and carrots. Toss.

4. Serve ¼ cup + 2 Tbsp savory yogurt-hummus dip and ¾ cup veggies. Serve immediately, or keep cold at 40 °F or lower.
**NUTRITION INFORMATION**

\[ \frac{1}{4} \text{ cup } + 2 \text{ Tbsp savory yogurt-hummus dip and } \frac{3}{4} \text{ cup veggies} \]

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
<td>0 g</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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</table>

N/A = Data not available

*Source: Team Nutrition CACFP Easy Recipe Project*

**CACFP CREDITING INFORMATION**

Crediting beans as a meat alternate:
\[ \frac{3}{4} \text{ cup vegetable} \]
1 oz eq meat alternate
OR
Crediting beans as a vegetable:
1 cup vegetable

**CHEF TIPS**

- Contains milk (yogurt).
- Cooked dry beans can be substituted for canned beans (~1 cup dry beans yields 2½ cups cooked).
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- If preparing in advance, store hummus in an airtight container at 40 °F or lower until ready to serve.