



HARVEST OF THE MONTH

Ingredient: Pulses

Lemony Chickpea Dip

PREP TIME:	5 minutes
COOK TIME:	10 minutes
TOTAL TIME:	15 minutes
SERVINGS:	6 Servings
AUTHOR:	Adapted from foodhero.org

INGREDIENTS

1 can (15 oz) chickpeas
½ c sour cream or plain yogurt
2 tbsp lemon juice
1 tbsp vegetable oil
½ tsp cumin
¼ tsp salt
2 tbsp chopped cilantro
2 cloves garlic, minced, or ½ tsp garlic powder

INSTRUCTIONS

1. For a smooth dip, place all ingredients in a blender and blend until smooth. For a chunky dip, mash ingredients with a fork or in a mortar and pestle.
2. Add more liquid as needed for the thickness you want.
3. Serve with veggies or chips, and refrigerate leftovers.