

 MyPlate
KITCHEN

Chunky Garbanzo Bean Dip

Makes: 8 Servings

Lemon pepper and chopped onion make this a zesty dip that you can use with vegetables or other foods.

Ingredients

- 1 can garbanzo beans (15 ounces)
- 2 tablespoon vegetable oil
- 2 tablespoon chopped onion
- lemon pepper (to taste)
- salt (to taste)

Directions

1. Drain and rinse the beans and mash in a small bowl with a fork or potato masher until most of the beans have been crushed. If you have a food processor, you can use it for this step.
2. Stir in oil and onion along with lemon pepper and salt to taste. The mixture will be chunky, not smooth.

Notes

Suggest serving with vegetables like carrots, pea pods, and celery.
Learn more about onions.

Source: Iowa Department of Public Health. Iowa Nutrition Network.

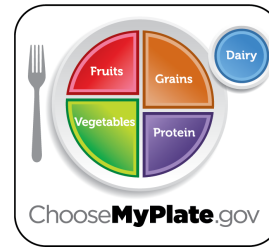
Nutrition Information

Serving Size: 1/8 of recipe

Nutrients	Amount
Calories	96
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	88 mg
Total Carbohydrate	11 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 mcg
Calcium	18 mg
Iron	1 mg
Potassium	113 mg

N/A - data is not available

MyPlate Food Groups



MyPlate Food Group:

■ Vegetables	1/4 cups
■ Protein Foods	5/6 ounces