

Week 2: Beans Hummus Dippers



Week 1: Protein Nutrition Education

Recipe

Takes 10 minutes
Makes 4 servings

YOU WILL NEED:

blender or food processor
mixing bowl
spatula
cutting board

knife (adults only)
1/4 cup measure
tablespoon measure
spoons

Ingredients

For 8 servings



14.5 oz. can
garbanzo beans
(chickpeas),
drained & rinsed



salt &
pepper



1 small lemon,
zested & juiced



1 tablespoon
olive oil



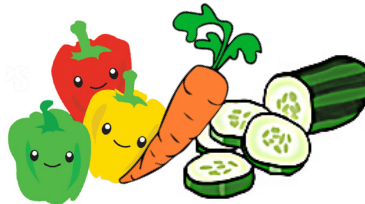
1 clove garlic,
minced



1/4 cup
water



1/4 cup
salsa



1 cup assorted vegetable
sticks (bell peppers,
cucumbers, carrots)



1 cup pretzel
sticks

Preparation

In the mixing bowl, use the spatula to mix together the bean mixture, garlic, lemon, oil and water mixture, and salsa. Mix together until blended well. Using the plastic spoons, portion the hummus into the plastic cups or bowls, then choose veggies and pretzels using the salad tongs for dipping. Enjoy!

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DIRECTIONS

1. Fill in the blank in the bubble.
2. Color the traffic cop.
3. Complete the maze.

Fiber is like a
traffic cop - it keeps you
_____ so you don't
have to stop!

