



## Broccoli Chickpea Dip

Recipe From Just Say Yes To Fruits and Veggies

8 servings

Serve with pita bread or mixed cut-up veggies as you would hummus!

### Ingredients

4 cups chopped broccoli  
2 garlic cloves  
2 cups cooked chickpeas  
1 teaspoon cumin  
1/4 cup lemon juice  
2 tablespoons vegetable oil

### Materials

Cutting board  
Knife  
Measuring cups  
Measuring spoons  
Large pot

### Directions

1. In a large pot over high heat bring 2 cups of water to a boil.
2. Add broccoli and cook for 5 minutes.
3. Rinse broccoli under cold water until cool.
4. Puree all ingredients in a blender.
5. Serve or chill. Enjoy!
6. Refrigerate leftovers.

<b>Nutrition Facts</b>	
Serving Size (131g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 130</b>	<b>Calories from Fat 45</b>
<b>% Daily Value*</b>	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 6g	24%
Sugars 3g	
<b>Protein 6g</b>	
<b>Vitamin A 25%</b>	<b>Vitamin C 90%</b>
<b>Calcium 6%</b>	<b>Iron 10%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

#### View Online

<http://capitalregionesny.org/recipes/broccoli-chickpea-dip>

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