

CHICKPEA DIP

Prep time	Cook time	Total time
5 min	none	5 mins

Ingredients

- Chickpeas - 1lb of soaked in water (overnight), drained, and rinsed or 1-15oz can drained and rinsed
- Garlic – 1 clove
- 1 Lemon – zested and juiced
- Thyme - 4-5 fresh sprigs stripped from stem or (~3/4 tsp dried)
- Salt & pepper
- Olive oil - ¼ c extra virgin olive oil (eyeball the amount that makes it smooth)
- Hot sauce - optional
- 2 TBSP fresh lemon juice (~juice of 1 medium sized squeezed lemon)

Instructions

1. Combine and blend the chickpeas, garlic, lemon zest and juice, thyme, salt and pepper in food processor or blender.
2. Add organic hot sauce if you like it hot.
3. With processor on, stream in the extra-virgin olive oil until smooth.
4. Transfer the dip to a dish and surround with veggies or eat as spread on sandwich.

©Recipe courtesy of Rachel Ray, Food Network – you can watch the prep video at - <http://www.foodnetwork.com/recipes/rachael-ray/lemon-garlic-chick-pea-dip-with-veggies-and-chips-recipe-1945775>



Chickpeas (aka garbanzo beans) have around 15g of protein though not complete (ie. need a mix of rice, bean, nuts, & seeds). They are also a source of healthy fats and fiber. Chickpeas are quite nutritious: they are naturally high in the vitamin folate which aids in brain function, emotional health, and cancer prevention. Chickpeas are also high in molybdenum (an essential mineral for the metabolism of fats & carbohydrates); manganese (a mineral crucial for bones, joints, blood clotting, sex hormones & a component of the body's natural antioxidant system); copper (a mineral that aids in blood production, nerve and immune health, bone and connective tissue formation; is an antioxidant; and aids in energy production). Finally, chickpeas are a good source of phosphorus, iron, and zinc.