

Dip your favourite **EATING RIGHT™** Potato Crisps in the tasty Italian-Style Hummus. **EATING RIGHT™** Potato Crisps available in Barbecue, Salsa and Wasabi Ranch.

Ingredients:

1	clove garlic
½	small onion
1 can (19 oz/540 ml)	chickpeas drained and rinsed
¼ cup (50 ml)	bottled pimientos, drained
3 tbsp (45 ml)	grated Parmesan cheese
1 tsp (5 ml)	lightly toasted sesame seeds
1 tsp (5 ml)	lemon juice
½ tsp (2 ml)	salt

Per 1/3 Cup

Calories: 105

Dietary Fiber: 2 grams

Carbohydrate: 16 grams

Fat: 2 grams

Protein: 6 grams

Directions:

1. In a food processor, mince garlic and onion.

Add remaining ingredients and process until blended. Chill.



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