

Chickpea Dip with Cilantro

In a food processor or blender, process the chickpeas with the 1/4 Cup sour cream, cilantro, garlic, lemon juice, and 1 T mayonnaise until smooth. If the dip is too thick, gradually add additional teaspoons of sour cream and mayonnaise, just until the desired consistency is reached. Transfer the mixture to a container with a tightly fitting lid. Season to taste with salt, white pepper, and hot pepper sauce, if desired. Cover and refrigerate for at least 1 hour and up to 24 hours before serving to allow the flavors to meld. Bring the dip to room temperature before serving.

- 1 C canned chickpeas, rinsed and drained
- 1/4 C low-fat sour cream or plain low-fat yogurt, plus more to thin dip
- 1/4 C chopped fresh cilantro, loosely packed
- 1 small garlic clove, chopped
- 1 T freshly squeezed lemon juice, or to taste
- 1 T low-fat mayonnaise, plus more to thin dip
- 1 T Salt and freshly ground white pepper (optional)
- Hot pepper sauce (optional)


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Cilantro, garlic, and lemon juice enliven the taste of chickpeas in this easy, Mexican-style dip. There is just a touch of reduced fat sour cream and low-fat mayonnaise for a creamy texture. For a party appetizer, surround a bowl of this dip with an assortment of sliced vegetables (like carrots, radishes, different-colored bell peppers, sugar snap peas, broccoli, cauliflower, zucchini, and jicama), baked tortilla chips, or low-fat crackers.

Makes 8 servings (2 Tablespoons per serving)/per serving:

Calories	50
Total Fat	1g
Saturated fat	less than 1g
Carbohydrates	8g
Protein	2g
Dietary Fiber	1g
Sodium	110mg


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