

Nancy's Hummus and Chips

Hummus dip

- 1/3 c. sour cream (no fat)
- 1/2 tsp paprika
- 1/4 c. water
- 1/2 tsp hot sauce
- 2 TBS lemon Juice
- 1/4 tsp salt
- 1 TBS olive oil
- 2 garlic cloves, peeled
- 1 can chick peas (Garbonzo Beans), rinsed and drained

Combine all ingredients in food processor or blender

Process till smooth, Transfer to bowl. Chill

Yield: 1 1/2 c.

Chips

Use pita bread. Spray or brush lightly with olive oil and sprinkle with garlic powder. Cut into triangle wedges. Bake on a cookie sheet at 350 degrees till lightly brown and crispy (watch CAREFULLY!!).