

Chick Pea Dip

Yield: 1 ½ cups

Serves: 6 adults

Ingredients

fresh vegetables of choice:

- broccoli
- carrots
- celery
- green beans
- green pepper
- zucchini

- 1 16-ounce can chick peas
- 1 tablespoon lemon juice
- 2 tablespoons low-fat mayonnaise
- 1/4 teaspoon garlic powder.

Steps

1. **Wash the fresh vegetables.**
2. Cut carrots and celery into 3" sticks.
3. Break broccoli into florets.
4. Arrange vegetables on serving plate.
5. **Drain chick peas in colander over bowl** and save liquid.
6. **Put chick peas, 1/3 cup liquid, lemon juice, mayonnaise and garlic powder into a blender.**
7. Blend until desired consistency is reached, slowly adding more liquid if needed.
8. Put dip into a serving bowl.
9. **Dip vegetables into dip and enjoy!**

Have your child help you do the bold steps.