

Chipotle Hummus Dip



Servings: 6 (1/3 cup)

TOTAL TIME



DIFFICULTY



VEGETARIAN



GLUTEN-FREE



DAIRY-FREE

Note: Works great as a vegetable or pita chip dip, or as a sandwich spread.

Preparation

1. Remove seeds from one chipotle pepper and set aside along with 1 tablespoon of the sauce from the canned peppers. Refrigerate remaining peppers and sauce for later use.
2. In a food processor or blender, combine chick peas, lemon juice, garlic, olive oil, chipotle pepper and sauce. Puree until smooth.
3. Serve immediately or chill in refrigerator. Top with thinly sliced fresh basil before serving.

Nutrition Facts Per Serving

Calories	157
Fat	10g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	15g
Fiber	3g
Protein	3g

Ingredients

- 1 chipotle pepper (from canned in adobo sauce)
- 1 tablespoon chipotle pepper adobo sauce from can
- 1 14 1/2 ounce can, chick peas rinsed and drained
- Juice of one fresh lemon
- 1 clove garlic, minced
- 1/4 cup olive oil
- 1/4 cup fresh basil, thinly sliced

