



## **Chick Pea Dip “Hummus” with Veggies and Pita Chips**

Makes 6 servings

### **Ingredients**

1 (15-ounce) can chick peas (aka garbanzo beans), drained  
3 cloves garlic peeled  
1-2 Tablespoons lemon juice  
1 Tablespoon Olive oil  
coarse salt and pepper  
¼ cup plain yogurt

Suggestions for vegetables are sugar snap peas, cucumber sliced, red bell pepper cut into sticks, grape tomatoes & Pita chips for dipping.

### **Directions**

Combine the chick peas, garlic, lemon juice, salt and pepper and yogurt in food processor. Turn processor on and stream in the extra-virgin olive oil. Transfer the dip to a dish and surround with veggies and chips.

\*Note; I like to drizzle olive oil on top and a dash of paprika. Also roasted salsa on top of hummus is delicious!

## **Health Benefits of Garbanzo beans**

Garbanzo beans are more commonly known as chickpeas in the United States. While they aren't as popular in America as they are in other international cuisines such as Mediterranean, Asian or Middle Eastern, it is steadily growing in popularity due to its taste, texture and sheer number of health benefits. Garbanzo beans are packed with folate, potassium, thiamine, protein and fiber.

- Garbanzo beans (like most legumes) have long been valued for their fiber content. Two cups provide the entire Daily Value! Recent research is suggesting that the fiber benefits of garbanzo beans may go beyond the fiber benefits of other foods. In a recent study, two groups of participants received about 28 grams of fiber per day. But the two groups were very different in terms of their food sources for fiber. One group received dietary fiber

primarily from garbanzo beans. The other group obtained dietary fiber from entirely different sources. The garbanzo bean group had better blood fat regulation, including lower levels of LDL-cholesterol, total cholesterol, and triglycerides.

- In some parts of the world (for example, parts of India), garbanzo beans are eaten daily in large amounts and on a year-round basis. But a recent study has shown that we can obtain health benefits from garbanzo beans even when we eat much smaller amounts over a much shorter period of time. In this study, it took only one week of garbanzo bean consumption to improve participants' control of blood sugar and insulin secretion. Equally important, only one-third cup of the beans per day was needed to provide these blood-sugar related health benefits.

- Garbanzos are a food you definitely want to keep on your "digestive support" list—especially if you are focusing on the colon. Between 65-75% of the fiber found in garbanzo beans is insoluble fiber, and this type of fiber remains undigested all the way down to the final segment of your large intestine (colon). Recent studies have shown that garbanzo bean fiber can be metabolized by bacteria in the colon to produce relatively large amounts of short chain fatty acids (SCFAs), including acetic, propionic, and butyric acid. These SCFAs provide fuel to the cells that line your intestinal wall. By supporting the energy needs of our intestinal cells, the SCFAs made from garbanzo fibers can help lower your risk of colon problems, including your risk of colon cancer.

- Most garbanzo beans found in the grocery (especially canned garbanzos) are cream-colored and relatively round. This type of garbanzo bean is called the "kabuli-type." Worldwide, there's a far more common type of garbanzo bean called the "desi-type." This second type of garbanzo bean is about half the size of cream-colored type we're accustomed to seeing in the grocery, and it's more irregular in shape. The color is also different—varying from light tan to black. Researchers have recently determined that many of the antioxidants present in garbanzo beans are especially concentrated in the outer seed coat that gives the beans their distinctive color. Darker-colored "desi-type" garbanzo beans appear to have thicker seed coats and greater concentrations of antioxidants than the larger and more regularly shaped cream-colored garbanzos that are regularly found at salad bars and in canned products. Of course, it is important to remember that antioxidants can be found in both types of garbanzo beans and you'll get great health benefits from both types. But if you have previously shied away from darker-colored or irregularly-shaped garbanzo beans, we want to encourage you to reconsider and to enjoy all types of garbanzo beans, including the darker-colored and irregularly-shaped ones.

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