

MEDITERRANEAN HUMMUS

SERVES: 8 | SERVING SIZE: about 2 tablespoons | PREP: 10 minutes | READY: 10 minutes

INGREDIENTS

- 1 (10 ounce) container plain hummus (such as Garden Fresh Gourmet Classic Premium Hummus)
- 1/4 cup diced seedless cucumber
- 3 tablespoons feta cheese crumbles
- 1 to 2 thinly sliced grape tomatoes
- 1 to 2 tablespoons thinly sliced red onion
- 1 to 2 teaspoons minced fresh dill



DIRECTIONS

Spread hummus into a serving bowl (or leave in original container) and top with cucumber, feta cheese, tomato slices, red onion slices, and minced dill.

Serve with assorted vegetables, whole wheat pita bread wedges, and whole grain crackers.

NUTRITION INFORMATION PER SERVING (dip only)

67 calories, 4 g total fat, 1 g saturated fat, 0 g trans fat, 1 mg cholesterol, 160 mg sodium, 6 g total carbohydrate, 2 g dietary fiber, 0 g total sugars, 0 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 24 mg (2%) calcium, 1 mg (6%) iron, 88 mg (2%) potassium

