

LiveBetter with MedWatch

Raspberry Vinegar Hummus

Ingredients

- 1 Tbsp. olive oil
- 1½ cups onion, diced
- 2 Tbsp. raspberry vinegar
- 1 (15½-ounce) can garbanzo beans, undrained
- 1 Tbsp. fresh cilantro, chopped
- ½ tsp. ground cumin
- ½ tsp. coarsely ground black pepper
- ¼ tsp. salt
- Cilantro sprigs (optional)

Preparation

1. In a medium size nonstick skillet, heat olive oil over medium-high heat. Add onion and sauté 5 minutes or until onion begins to brown. Add vinegar and bring to a boil; allow to cook 2 minutes or until vinegar evaporates. Cool to room temperature.
2. Drain garbanzo beans, reserving ¼ cup liquid; set aside.
3. Place garbanzo beans and chopped cilantro in a food processor; process until mixture resembles coarse meal. Add onion mixture (from step 1), ¼ cup reserved garbanzo liquid, cumin, pepper and salt; process until smooth.
4. Garnish with cilantro sprigs, if desired.

Makes 2 cups. Serving size: 2 tablespoons.



Nutrition Analysis

Per serving: 44 calories, 1 g fat, 2 g protein, 7 g carbohydrate, 0 mg cholesterol, 75 mg sodium, 1 g fiber



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