

MOROCCAN DIP

pictured at left

We love the spicy flavor of this dip, which is an easy appetizer to whip up in minutes. Serve with an assortment of crudités, such as endive, baby carrots, blanched asparagus, and sliced peppers, breadsticks, or our Pistachio-Sesame Pita Crisps (bottom left).

PREP: 15 minutes

COOK: 2 minutes

- 1 teaspoon paprika
- ¼ teaspoon fennel seeds, crushed
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cumin
- ⅛ teaspoon ground red pepper (cayenne)
- 1 can (15 to 19 ounces) garbanzo beans (chick peas), rinsed and drained
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice

½ teaspoon salt

¼ teaspoon ground black pepper

1. In small saucepan, heat paprika, fennel, ginger, cumin, and ground red pepper over medium-low heat 1 to 2 minutes, until spices are fragrant and lightly toasted, stirring constantly; remove saucepan from heat.

2. In food processor with knife blade attached, blend garbanzo beans, olive oil, lemon juice, salt, black pepper, toasted spices, and *¼ cup water* until smooth. Transfer to serving bowl. Cover and refrigerate up to 3 days if not serving right away. Makes about 1½ cups.

■ Each tablespoon: About 40 calories, 1 g protein, 5 g carbohydrate, 1 g total fat (0 g saturated), 1 g fiber, 0 mg cholesterol, 90 mg sodium. *(continued)*