

Bean Dip

Meat Alternate or Vegetable

Snacks

G-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans, drained	1 lb 6 oz	3 1/2 cups	2 lb 12 oz	1 qt 3 cups	1. Mash or blend all ingredients, either by hand or by using a food processor. 2. Refrigerate until ready to serve.
Lemon juice		1 1/2 tsp		1 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Vegetable oil		2 Tbsp		1/4 cup	
Low-sodium soy sauce		1/2 tsp		1 tsp	
Black pepper		1/8 tsp		1/4 tsp	
Dried parsley flakes		2 Tbsp		1/4 cup	
Water		1/4 cup		1/2 cup	

SERVING:	YIELD:	VOLUME:
2 Tbsp provides 2 Tbsp of meat alternate or vegetable	25 Servings: 1 lb 9 oz	25 Servings: 3 cups
	50 Servings: 3 lb 2 oz	50 Servings: 1 qt 2 cups

Special Tip:
For a tasty snack, serve this dip with whole wheat pita wedges.

Nutrients Per Serving			
Calories	32	Saturated Fat	.2 g
Protein	2 g	Cholesterol	0 mg
Carbohydrate	4 g	Vitamin A	2 RE/25 IU
Total Fat	1.2 g	Vitamin C	0 mg
		Iron	.6 mg
		Calcium	14 mg
		Sodium	109 mg
		Dietary Fiber	1 g