TAKE FIVE BLACK BEAN HUMMUS

Courtesy of Saint Mary's Sous Chef Bryan Nader for American Heart Association

½ cup cilantro  
1 15-oz can black beans, rinsed and drained  
1 Tbsp. tahini  
2 Tbsp. water  
2 Tbsp. fresh lime juice

1 Tbsp. extra virgin olive oil  
½ tsp. cumin  
¼ tsp. salt  
1/8 tsp cayenne pepper (optional)

Place ¼ cup cilantro, and the next 8 ingredients into bowl of food processor, and blend until smooth. Spoon into serving bowl, garnish with remaining ¼ cup cilantro, refrigerate until ready to serve. Serve with tortilla/corn chips and/or vegetables. Yield: 20 1-ounce portions

Nutrition Information (per serving): 30 calories / 1.5 grams protein / 5 grams carbohydrate / 1 gram fat (0.7 grams is monounsaturated) / 1.5 grams fiber