Black-Eyed Pea Hummus

Ingredients:
- 15 ounces black-eyed peas, canned, rinsed and drained
- 1/3 cup low-fat sour cream
- 1/4 cup water
- 1 medium green onion, whole, cut into 2" pieces
- 1/2 teaspoon ground cumin
- 1 clove garlic
- 1/2 teaspoon salt
- 1/4 teaspoon hot pepper sauce

Equipment:
- Food Processor or Blender
- Colander
- Can opener
- Measuring cups
- Measuring spoons
- Spatula
- Bowl
- Fork

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>%Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving: 2Tbls.</td>
<td>128</td>
<td></td>
</tr>
<tr>
<td>Servings: 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat trace g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 1mg</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 105mg</td>
<td>4%</td>
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<tr>
<td>Total Carbohydrate 22g</td>
<td>7%</td>
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</tr>
<tr>
<td>Dietary Fiber 4g</td>
<td>15%</td>
<td></td>
</tr>
<tr>
<td>Protein 9g</td>
<td>17%</td>
<td></td>
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</tbody>
</table>

Directions
1. Put all the ingredients in a food processor or blender.
2. Process until smooth, stopping occasionally to scrape the side with a rubber spatula.
3. Serve at room temperature or refrigerate.
4. Eat within 48 hours.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

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