Lemon Garlic Hummus

INGREDIENTS:
- 2 (15-oz.) cans chickpeas, drained and rinsed
- ¼ c. Parmesan cheese, grated
- ¼ c. + 2 Tbsp. lemon juice
- ¼ c. water
- 2 Tbsp. roasted garlic (4 to 5 cloves)
- 2 Tbsp. olive oil
- ½ tsp. cayenne pepper
- ½ tsp. paprika
- ½ tsp. dried parsley

DIRECTIONS:
- Pulse chickpeas in blender until they are partially mashed.
- Add remaining ingredients and process until smooth. If the mixture is too thick, add a drop or two of olive oil to thin the mixture to the preferred consistency.

NUTRITION:
- Makes 20 servings. Each 2-Tbsp. serving has 80 calories, 3 g fat, 3 g protein, 11 g carbohydrate, 3 g fiber and 110 mg sodium.