

Black Eyed Pea Hummus Rings in the New Year Healthfully

Yield: 10 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-lunar-new-year>

Ingredients:

- 15 1/2 ounces black eyed peas drained and rinsed
- 3 tablespoons tahini ground sesame seeds
- 4 cloves garlic minced
- 1 tablespoon fresh parsley
- 1/4 teaspoon paprika
- 1 lemon
- salt
- pepper
- 1/3 cup extra-virgin olive oil
- veggies
- pita chips

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 30 grams
3. Fat: 10 grams
4. Fiber: 1 grams
5. Protein: 12 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 90 milligrams

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