

CILANTRO-JALAPENO HUMMUS

(adapted from [Garnish with Lemon](#))

1 can (15 oz) garbanzo beans, rinsed and peeled
1 cup cilantro
1/2 cup Italian parsley
1 jalapeño, seeded
3/4 tsp salt
Juice of 1+ 1/2 limes
1/8 cup olive oil
2 Tbs non-fat yogurt (more or less according to consistency)

Place the beans, cilantro, parsley, jalapeño, salt and lime in the bowl of a food processor. Pulse for at least two minutes, until well mixed and smooth, stopping to clean the sides of the bowl halfway through. Slowly add olive oil as the food processor is running.

Stop the processor, add one or two tablespoons of yogurt, depending on how thick or runny your dip seems. Taste and adjust seasoning. Place in a container and refrigerate overnight for best flavor.