

# Veggie & Hummus Cups



YIELD **6** SERVINGS

Serving Size: 1 cup of recipe

## NUTRITION FACTS PER SERVING

Calories:	~120-150	Saturated Fat:	~1.5 g
Carbs:	~15-20 g	Protein:	~4-5 g
Fiber:	~4-6 g	Sodium	~250-400 mg
Fat:	~8-12 g		

## INGREDIENTS

- 8 ounces of hummus
- 3 orange & 3 purple carrots peeled, cut in 1/2" thick sticks
- 3 radishes halved and quartered
- 1 cucumber, cut in 1/2" sticks
- 1 zucchini, cut in 1/2" sticks
- 3 celery, cut in 1/2" sticks
- 6 green beans, ends trimmed
- 2 orange bell peppers, cut in 1/2" slices
- 2 tbsp italian parsley
- 2 tbsp olive oil, lemon flavored or regular

## DIRECTIONS

1. Wash all vegetables, peel and trim as needed. Dry with a clean dish towel before cutting as noted.
2. Cut your vegetables depending on the size of your cup.
3. Place 2 rounded tablespoons of hummus in the bottom of each cup.
3. Place 1-2 pieces of each vegetable in each cup.
4. Drizzle each cup with a little olive oil at the base of the cup near the hummus (about 1/2 tsp) and top with a leaf of parsley.
5. Place the cups on a large platter or tray for serving.



Jefferson County  
Health Center