Black Bean Hummus  
Ingredients 1 15 ounce can black beans, rinsed and drained 1 15 ounce can chick peas, rinsed and drained ¼ cup reserved liquid from beans ¼ cup water 4 T lemon juice 3 cloves garlic, minced 1 tsp sesame oil ¼ tsp cumin 5 pieces sundried tomato (optional) ¼ tsp ground red pepper Sea salt and black pepper to taste 1 T dried or fresh parsley Preparation  
Place all ingredients except parsley in a food processor. Process until smooth. Pour into a dish and sprinkle with parsley. Cover and refrigerate for 2 hours. Serve with fresh vegetables.   
Nutritional Information Per Serving ( 2 Tablespoons): Calories 70, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Carbs 13 g, Fiber 3 g, Sugars 2 g, Protein 4 g, Sodium 130 mg