**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