

Hummus

Printed from Chickpea Recipes at <http://www.chickpearecipes.com/>

Yield is about 2 cups of hummus dip.

Ingredients:

1 garlic clove.
¼ cup of tahini (sesame paste).
¼ cup of fresh lemon juice.
2 cups of canned chickpeas drained, rinsed.
½ cup of water.
¼ teaspoon of ground cumin.
¼ teaspoon of cayenne.
Salt, to taste.
Extra virgin olive oil.
Lemon wedges.
Grilled pita triangles.

Directions:

In a food processor or blender, combine the garlic, tahini and lemon juice; process until the mixture whitens.

Add the chickpeas and process until smooth.

Add the water, a little at a time, until the desired consistency is reached.

Add the cumin, cayenne and salt and process. Taste and adjust seasoning if necessary.

Transfer the hummus to a serving bowl, smooth the top and drizzle with extra virgin olive oil.

Serve with lemon wedges and grilled pita triangles.