

HUMMUS BI TAHINI

Chickpea Dip



This recipe, originally Middle Eastern, has become a pantry staple in the healthy American kitchen. Best served with warm pita bread. Hummus provides a great source of protein and is vegetarian/vegan.

INGREDIENTS

1 can chickpeas (garbanzo beans), rinsed
2 tablespoon tahini (sesame paste)
2 cloves garlic (to taste)
½ teaspoon salt
Juice of 2 lemons (to taste)
Water

INSTRUCTIONS

Cook chickpeas in a saucepan over medium heat for 5 minutes. Place in food processor and process to a paste-like consistency. Add garlic, salt, tahini, and lemon juice; mix well until a thick paste forms. Adjust garlic, salt, and lemon to taste. Thin with cold water to desired consistency. Garnish with olive oil and a little parsley. Enjoy!

* The lemon and garlic in this recipe can vary widely depending upon personal tastes. Use this recipe as a guide and adjust the flavors to your liking.