

Hummus:

Yield: About 2 cups

Preparation Time: About 20 minutes

<u>Ingredients:</u>	<u>Equipment:</u>
<ul style="list-style-type: none">• 1 14-oz. Can of chick peas• a little water, to thin pureed chick peas• 1- 2 cloves garlic• 2 lemons• 2 - 3 Tbsp. tahini paste• 1 tsp. cumin• 2 Tbsp. olive oil• pinch salt and pepper• paprika, to garnish• chopped parsley, to garnish	<ul style="list-style-type: none">• can opener• strainer• food processor• measuring spoons• sharp knife• cutting board• juicer or reamer• small bowl• bowl, to serve hummus

Method:

1. Open a 14 oz. can of chick peas and pour into a strainer in the sink. Rinse and drain well.
2. Set up a food processor with a blade. Plug in.
3. Add the chick peas to the food processor and click the lid in place. Puree until smooth. If the mixture is too thick add a Tbsp. or two of water and blend together.
4. Peel the garlic clove(s) and cut in 1/2. Add to the food processor.
5. Juice the 2 lemons into a small bowl and add the juice to the processor.
6. Add the tahini paste, cumin, olive oil and salt and pepper. Puree until smooth and well blended.
7. Carefully remove the hummus from the food processor and into a serving bowl. Be very careful of the food processor blade.
8. Garnish with a sprinkle of paprika and some chopped parsley.

Tasty Tip:

- Tahini paste is made from ground sesame seeds and can be found in the specialty section of grocery stores.
- If you don't have a food processor, don't worry. You can puree the beans with a potato masher or the back of a wooden spoon. Grate the garlic with a microplane or use a garlic press. Blend all of the ingredients together well by combining with the back of a wooden spoon or a rubber spatula.