

Hummus

Makes about 2 1/2 cups

3-5 garlic cloves, peeled

6 tablespoons lemon juice

2 tablespoons tahini, unsalted

1 to 2 teaspoons salt (use lesser amount if using canned beans with salt or tahini with salt)

2 tablespoons olive oil

4 cups chickpeas/garbanzo beans, cooked (approximately 2 14 ounce cans)

Optional flavorings such as cilantro, dill, paprika, or cumin (add to taste).

1/4 to 1/2 c. water, if needed to blend smoothly

If starting with dried chickpeas (garbanzo beans), soak 2-3 cups of dry beans overnight (6-8 hours) in enough water to generously cover beans. Drain water. Rinse and cover with fresh water and bring to a boil. Reduce heat and simmer for about 1 hour until tender. Drain and rinse cooked chickpeas in cold water until cool enough to measure.

Measure 4 cups of cooked chickpeas. Process salt, garlic, olive oil, tahini, lemon juice and 1 cup of chickpeas in food processor or blender until smooth. Add remaining chickpeas and process, adding water as necessary for desired consistency. Adjust lemon, salt, garlic, and tahini to taste. Pour in bowl and serve with vegetable sticks, breads, chips, or crackers.

Freeze any remaining cooked chickpeas. To thaw, place frozen beans in tepid water for a few minutes until thawed, or microwave.)