



HUMMUS

Serves 8

9 oz. Can chick-peas, rinsed and drained
1/2 cup fresh lemon juice (about 3 medium lemons)
1/4 cup tahini*
1/4 cup water
2 clove garlic or 1 teaspoon bottled minced garlic

1 teaspoon olive oil
1/2 teaspoon ground cumin, or to taste
1/4 teaspoon salt (optional)
1/8 teaspoon cayenne (optional)
Freshly ground pepper to taste
Water (optional)
1/2 cup finely copped fresh parsley

In a blender or food processor, combine chickpeas, lemon juice, tahini, 1/4-cup water, Garlic, oil, cumin, salt, cayenne, and pepper. Process, scraping sides occasionally, until mixture is a smooth paste. If mixture is too thick, add more water, a few drops at a time. Stir in parsley.

NUTRIENT ANALYSIS

Calories 131

Protein 6 g

Carbohydrate 16 g

Total Fat 6g

Saturated Fat 1 g

Polyunsaturated Fat 2 g

Monounsaturated Fat 2 g

Cholesterol 0 mg

Sodium 72 mg

COOKS TIPS

*You can find tahini, a sesame seed paste, in health food stores and some supermarkets.

If you prefer, you can make your own by blending 1/2-cup sesame seeds, 1-tablespoon water, 1-tablespoon fresh lemon juice, and a few drops of vegetable oil.

Hummus is a Middles Easter specialty traditionally served as a dip for raw vegetable or with flat Syrian bread or warm pita bread. An excellent source of protein because of the chickpeas, this recipe is lower in fat than the usual version. Is best when refrigerated for about 24 hours before serving which allows the flavors to blend.