

## HUMMUS

Pureed garbanzo beans are the base for this Middle East spread. Serve with pita bread or as a dip with raw vegetables. Serves 4. 2 c. cooked garbanzo beans

1/4 c. bean liquid

1/4 c. lemon juice

Puree in a blender or food processor until smooth and creamy. 2 cloves garlic, minced

1/2 tsp. salt

3 tbsp. tahini (sesame butter)

2 tbsp. chopped parsley

2 tbsp. olive oil

Drizzle over surface just before serving.

## HUMMUS

2 c. cooked garbanzo beans

1/2 c. bean juice

1 c. sesame tahini

2 minced garlic cloves

2 tbsp. fresh lemon juice

Put all ingredients in blender or food processor until pureed. Place in dish and top with chopped onions and parsley. Serve with pita bread or crackers or vegetables.

## HUMMUS (CHICK PEAS WITH TAHINI)

1 (19 oz.) can chick peas  
1/2 c. tahini (sesame butter)  
1/4 c. lemon juice  
Salt  
2-3 cloves garlic  
1 tbsp. olive oil for garnish  
1 tsp. paprika for garnish  
1 tbsp. finely chopped parsley for  
garnish

Drain chick peas and retain juice in processor or blender. Put chick peas, lemon juice, salt, garlic and 1/4 cup juice. Grind until smooth. Serve into a plate. Garnish. Dip with bite-size of Arabic bread.

## HUMMUS DIP

2 tbsp. Tahini  
2 c. pureed, cooked garbanzo beans  
1 1/2 cloves minced garlic  
Juice of 1/2 lemon  
1/2 tsp. olive oil  
Salt to taste  
Parsley  
Whole wheat crackers or pita bread

1. Mix Tahini, garbanzo beans, garlic, lemon juice, olive oil and salt into a creamy sauce. 2. Serve in a shallow dish garnished with parsley. \*\*Best served with whole wheat crackers or Middle Eastern pita bread.

## HUMMUS BI TAHINI

4 c. garbanzos (chick peas)  
1/2 c. tahini (sesame paste)  
1/3 c. warm water  
1/3 c. olive oil  
Juice of 2 or 3 lemons  
4 or more garlic cloves  
1 1/2 tsp. salt  
Pepper to taste  
2 tsp. ground cumin seed

Combine chick peas and tahini, warm water and juice of 1 lemon in bowl of a food processor fitted with a steel blade. Process until smooth and creamy. Add garlic, salt, cumin seed, pepper; process to blend. Taste and correct seasonings if necessary. Add more lemon juice to taste. Scrape into container. Cover and refrigerate. 1 quart.

## HUMMUS

1 lg. onion, minced  
1 to 2 cloves garlic  
1 tbsp. vegetable oil  
2 c. chickpeas (garbanzos), drained & rinsed if canned  
1/2 c. fresh lemon juice  
1 tbsp. reduced-sodium soy sauce  
1/4 c. tahini (sesame paste)  
1/2 c. sesame seeds, toasted & ground

Saute onion and garlic in oil until vegetables are soft. Set aside. In blender or food processor puree the chickpeas with the onion, garlic, lemon juice, soy sauce, tahini and sesame seeds. Serve hummus with pita bread, fresh or toasted, and (or) as a dip for fresh vegetables.

## EASY HUMMUS DIP

2 (15 oz.) cans chick peas, drained  
1/4 c. fresh lemon juice  
2 tbsp. oriental sesame oil  
1/8 tsp. garlic powder

Puree and serve with pita bread.

## LEMONY HUMMUS

1 (15 oz.) can chickpeas with their  
liquid  
1/4 c. plus 3 tbsp. fresh lemon juice  
(about 3 lemons)  
1/2 c. tahini (sesame paste)  
1 tbsp. vegetable oil  
1 med. garlic clove, minced  
2 tbsp. minced parsley  
1/2 tsp. cumin  
1/8 tsp. cayenne pepper

Combine all the ingredients except the salt in a blender or food processor and puree until almost smooth. Season with salt to taste. Dip with pita bread, lightly toasted.

## HUMMUS SANDWICHES

1 (15 oz.) can garbanzo beans, drained  
& rinsed  
1 tbsp. toasted sesame seeds

3 tbsp. plain yogurt  
2 tbsp. lemon juice  
2 tbsp. less 1 tsp. olive (or  
vegetable oil)  
1 tsp. sesame oil\* (Asian - Chinese  
foods, dark brown)  
1 tbsp. soy sauce  
1/4 tsp. salt  
1/4 tsp. cumin  
1 scallion, sliced  
1/2 tsp. minced garlic (or less to  
taste)

In food processor or blender combine garbanzo beans and sesame seeds; pulse process until medium texture. Add remaining ingredients and process until medium-smooth texture. If mixture is too thick, add water 1 teaspoon at a time; process until desired consistency is obtained. Serve in halves of pita pocket bread. First line the pocket with sliced tomato and/or lettuce; add hummus by generous spoonfuls. Keep leftovers refrigerated!

## HOT HUMMUS SANDWICH SPREAD

2 c. dried chick peas, cooked  
4 to 5 cloves garlic, mashed  
1 tsp. sea salt  
1/2 c. tahini  
Juice of 1 lemon  
2 to 6 tbsp. chick pea liquid  
1/2 c. fresh parsley, chopped

Mash peas after cooking. Mix garlic and salt in separate bowl; add lemon juice and tahini. Beat like thick mayonnaise with a little chick pea liquid. Add peas until smooth. Add parsley and salt to taste.

## GARBANZO HUMMUS (GREEK DIP)

2 cloves garlic  
2 (15 oz.) cans low-salt or regular  
garbanzos, drained  
1/3 c. tahini (sesame seed paste)  
1/3 c. lemon juice  
1/2 c. water  
3 tbsp. olive oil  
1/4 tsp. cayenne  
1/2 tsp. salt

Drop garlic into a blender or food processor with motor running; whirl to mince. Add garbanzos, tahini, lemon juice, water, 2 tablespoons oil, and cayenne. Whirl smooth. Scrape into a bowl. Drizzle with remaining oil. Serve, or chill airtight up to 1 day, then bring to room temperature. Add salt to taste. Makes about 3 cups.

## HUMMUS BI TAHINI

Soak 1 cup garbanzo beans in water to cover overnight. Drain and place in saucepan with 3 cups water, 1/2 teaspoon salt and a few chopped onions and garlic cloves (whole), if desired. Bring to a boil, cover with lid tilted, and cook over medium heat 1 to 2 hours (depending on age of beans), or until

tender. Drain and reserve liquid. 1 cup raw garbanzo beans makes almost 3 cups of cooked beans. Mash together and set aside: (in mortar & pestle, its easy) 1/2 tsp. salt 1/4 tsp. black pepper 1/4 tsp. paprika 1/8 tsp. cayenne pepper (It should look like a red paste). Take 2 to 3 cups of garbanzo beans (take out garlic cloves if you cooked them with the beans), and mash thoroughly or puree in blender or food processor. Gradually blend garlic mixture into mashed beans with: 1/4 c. lemon juice, Real Lemons are best Reserved liquid, as needed to make a creamy consistency Seasonings to taste Add at end; 1 tbsp. olive oil, mixed with 1/2 tsp. paprika

