



HUMMUS



INGREDIENTS

YIELDS 2 CUPS

- 400g (1 can) chickpeas, rinsed and drained
- 2 tbsp tahini
- Juice of 1 lemon
- 1 large garlic clove, chopped
- 2 tablespoons olive oil
- 1 tsp ground cumin
- 1 tsp salt
- 1 to 2 tablespoons water

FROM THE GARDEN

- Lemon

EQUIPMENT

- Measuring spoons
- Food processor
- Spatula
- Serving dishes

INSTRUCTIONS

1. In a food processor combine lemon juice, garlic and salt. Process until the garlic is very finely chopped, then add the tahini and blend until mixture is thick and creamy. *Stopping to scrape down any mixture stuck to the sides of processor as necessary.*
2. Add the olive oil, cumin, chickpeas and 1/2 teaspoon of salt. Blend on number 2 setting until mixture is super smooth, scraping down the sides of the processor as necessary, about 2 minutes.
3. Slowly add 1 to 2 tablespoons of water while the food processor is running until you reach the perfect consistency.

