

Hummus

2 cans Garbanzo beans (15½ oz)
½ c.... Liquid from Garbanzo beans
½ c.... Fresh lemon juice
1/3 c.. Tahini
10 ea. Garlic cloves
½ tsp. Kosher salt

1. Drain garbanzo beans but save the liquid.
2. Place beans in a food processor with rest of ingredients until creamy.

I like my Hummus very garlicky and lemony. You can always tone it down by cutting back on the garlic. If you want to add a little spice to it you can add some Cayenne pepper or Tabasco. You can garnish it with fresh chopped parsley, which will give it a fresh taste. I always use kosher salt because it will dissolve faster but regular salt can be used in the same amount.

I like to snack on hummus with a drizzle of olive oil and thin sliced tomatoes on warm pita bread cut into wedges.

Try it on a veggie sandwich with sliced cucumber, carrots, spicy sprouts and sliced tomato.

I've tried this recipe with Navy beans in place of the garbanzo beans, which gave it an Italian twist. Black beans with limejuice and fresh chopped cilantro sounds interesting.

This is a staple at my house because it is easy and healthy. There is no added fat but the garbanzo beans and tahini do have some fat. It is a healthy fat that the body needs so don't get stressed over it.

Be creative, have fun and enjoy!!!