


Hummus

 Hummus is a popular dip. Serve it with warm pita bread.

hummus

pita bread



You will need

garlic

2 to 3 cloves, minced

chickpeas (garbanzo beans)

1 can (19 oz., 540 mL)

tahini

¼ cup (60 mL)

lemon juice

3 tbsp. (45 mL)

vegetable oil or olive oil

1 tbsp. (15 mL)

water

2 tbsp. (30 mL)

cumin

1 tsp. (5 mL)

salt

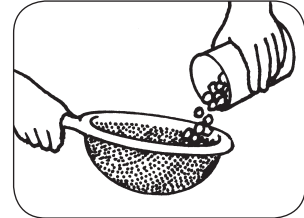
½ tsp. (2 mL)

Note: Tahini is made from sesame seeds. Ask for it at a supermarket.

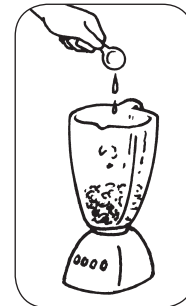
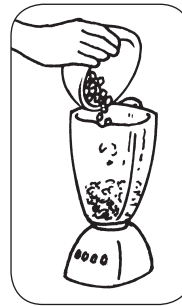


What to do

1 Rinse and drain the chickpeas.



2 Put the garlic, chickpeas, tahini, lemon juice, oil, water, cumin and salt in a blender.



3 Blend until the mixture is smooth.

4 Scrape the hummus into a bowl.



Adapted with permission from *The Best of The Best and More* (page 51) • Art: Nola Johnston • Photos: Bev Burke