Hummus with Veggies and Pita
Makes 12 servings

Ingredients:
1 15-ounce can chickpeas or garbanzo beans, drained and rinsed
1 clove garlic, peeled and crushed (or 1/8th teaspoon garlic powder)
3 Tablespoons lemon juice
½ teaspoon salt
6 Tablespoons water
3 Tablespoons Tahini (ground sesame seeds)*
1-2 Tablespoons olive oil or other vegetable oil
¼ teaspoon paprika (optional)
Cut-up raw vegetables for dipping
Pita bread (optional)

Directions:
1. Put garlic, lemon juice, salt, and 1 cup of chick peas into blender.
   Add 3 Tablespoons of water, and blend until smooth. Or mash by
   hand (using garlic powder).
2. Add second cup of chick peas and 3 Tablespoons of cold water.
   Blend or mash until smooth.
3. Add tahini or peanut butter and oil and blend again until smooth. If
   too thick or you want creamier hummus, add an additional
   tablespoon of water.
4. Scoop hummus into a bowl and sprinkle with paprika (optional).
5. Serve with cut-up raw vegetables, and (optional) pita bread.

Yield: About 12 servings

Source: Adapted from World-of-the–East Vegetarian Cooking, by Madhur Jaffrey, 1981.

*Can substitute peanut butter for tahini

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Cornell Cooperative Extension
Expanded Food and Nutrition Education Program
B17 Savage Hall: Ithaca, New York 14853
t. 607.255.7715; f. 607.255.0027
https://fnec.cornell.edu