Hummus
Makes 7 servings

Ingredients:
1 ½ cups garbanzo beans (15-ounce can)
1 clove garlic
2 tablespoons tahini (sesame-seed paste)
2 tablespoons lemon juice
Water

Directions:
1. Drain and rinse canned beans.
2. In mixing bowl, mash beans with fork, spoon, or potato masher.
3. Mince garlic.
4. Add garlic, tahini, and lemon juice to beans. Continue mashing to combine ingredients.
5. Add water as needed, a tablespoon at a time, and continue stirring and mashing until mixture is desired consistency.

Note: Most recipes for hummus suggest using a food processor. With a little patience, making with a fork or potato masher works quite well.

Variations: Substitute cannelloni beans or black-eyed peas for garbanzo beans.

Source: Health Children, Healthy Families Curriculum, provided by Patricia Thonney, Food and Nutrition Education in Communities, Division of Nutritional Sciences, Cornell University.