Two-Minute Hummus

When I moved into my house in 1987, my Lebanese neighbor, Minera delivered this dish to me for our first housewarming party. I've been making it ever since. It could not be easier. Now you can get hummus in any grocery store, but making your own is fresh and inexpensive. Just keep the tahini in the refrigerator until needed.

You can also experiment by adding in other flavors like roasted red peppers or fresh basil pesto or use your imagination. Use as a dip or spread it on a pita sandwich.

2 cloves garlic (or more) 1 can (15 oz) garbanzo beans ½ lemon, juiced

4 Tablespoons tahini (4 spoonfuls or 1/4 cup)

1 Tablespoon olive oil (optional)

1 Drain garbanzo beans, saving the liquid in a bowl.

- 2 Place garlic in food processor and mince
- 3 Add garbanzo beans, lemon juice, tahini, olive oil and process until smooth.
- 4 Add some of garbanzo bean liquid until desired consistency is reached.
- 5 Serve with carrot sticks or pita chips. Can be piped onto cucumber slices.
- 6 If desired, serve on a platter, with olive oil swirled over it and a shake of paprika.

Servings: 8 Yield: 2 cups

Preparation Time: 2 minutes Total Time: 2 minutes

Nutrition Facts

Nutrition (per serving): 123 calories, 50 calories from fat, 5.9g total fat, 0mg cholesterol, 164.7mg sodium, 130.1mg potassium, 14.6g carbohydrates, 3.1g fiber, <1g sugar, 4g protein.

Recipe Type: Appetizer, Sauce

Source

Author: Patricia K. Rose

