

HUMMUS

INGREDIENTS

- 1 (15-ounce) can chickpeas, drained, rinsed
- 1/4 cup fresh lemon juice
- 1/4 cup tahini
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 2 to 3 tablespoons water
- Dash ground paprika, for serving

DIRECTIONS

In a food processor or blender, add the tahini, lemon juice and garlic, and process for 30 seconds. Scrape down sides.

Add the remaining ingredients and process for 20 seconds, scrape the sides and bottom of the bowl, then process another 30 seconds or until well blended. Keep stopping to scrape down sides as needed.

If too thick or still see bits of chickpea – with the machine on, slowly add 2 – 3 tablespoons of water until you reach the perfect consistency. Taste and adjust for salt.

Serve with a drizzle of olive oil and dash of paprika in an airtight container and refrigerate up to one week.

