

HOW TO MAKE HUMMUS

Hummus is a simple dish to make, but does require using a food processor. Be sure to get help from a parent or adult.

INGREDIENTS

- 4 peeled cloves of garlic
- 1/2 teaspoon of salt
- 2 cans of chickpeas, drained (also called garbanzo beans)
- 2/3 cup tahini (sesame paste)*
- 1/3 cup of freshly squeezed lemon juice (about 2 big lemons' worth)
- 1/2 cup water
- 1/4 cup olive oil

INSTRUCTIONS

1. Use a garlic press to squeeze the cloves of garlic into a bowl.
2. Add the salt to the garlic and mash together with a spoon to make a paste.
3. Put everything – the chickpeas, tahini, lemon juice, water, olive oil, and the garlic paste – into the bowl of the food processor. Process in pulses until the mixture is smooth and most of the lumps are gone.

Hummus can be flavored with a lot of different flavors. Try replacing some of the chickpeas with pitted green olives or a chili pepper, or adding a little tomato paste.

Enjoy with fresh vegetables or pita bread!

**Tahini can usually be found near the peanut butter, or in the aisle with ethnic foods*