

Reckless In The Kitchen

Hummus

adapted from The Complete Middle East Cookbook by Tess Mallos

Ingredients:

- 1 can chickpeas (garbanzo beans)
- 2/3 cup tahini (available in some supermarkets and in most deli's)*
- juice from 1 lemon
- 1/2 can water (use the chickpea can)
- 2 tbsp olive oil
- 4 cloves garlic, crushed
- salt to taste

*A note on this ingredient, if you cannot find tahini, sesame oil will do, just add to taste, 1 tsp at a time.

Directions:

Place all ingredients (except salt) in a high-powered blender or food processor. Blend until smooth. Taste. Add salt to taste.