



## **Hummus**

Yield 1 quart (4 cups)

### **EQUIPMENT NEEDED:**

Food processor, can opener, liquid measuring cup, tongs or baking sheet (for roasting pepper)

### **INGREDIENTS:**

4 garlic cloves  
1 teaspoon salt  
3 cans chickpeas, drained and liquid reserved  
2/3 cup well stirred tahini  
1/4 cup fresh lemon juice  
1/4 cup extra virgin olive oil  
2 tablespoons pine nuts, toasted lightly, optional  
Roasted red peppers, optional

On a cutting board mince and mash the garlic to a paste with the salt. In a food processor purée the chick-peas with the garlic paste, the tahini, the lemon juice, 1/4 cup of the oil, and 1/2 cup water or drained chickpea liquid, scraping down the sides, until the hummus is smooth and add salt to taste. Add water, if necessary, to thin the hummus to the desired consistency.