

## **Jean's 4:00 PM Snack Recipe: Hummus**

*Adapted from The Gourmet Cookbook*

Homemade hummus is super easy and a lot better than the store bought variety. You just dump all the ingredients in the food processor. Feel free to add spices if you like: a little cayenne and ground cumin is great.

2 (19 ounce) cans chickpeas, drained and rinsed  
4 garlic cloves  
 $\frac{2}{3}$  cup well-stirred sesame tahini  
 $\frac{2}{3}$  cup water  
 $\frac{1}{2}$  cup olive oil  
5 tablespoons fresh lemon juice (more or less, to taste)  
1 teaspoon salt

3 tablespoons pine nuts  
1 tablespoon whole cumin seeds  
Fresh veggies, cut up

Put pine nuts and cumin seeds in small frying pan (dry) and heat on medium heat. Stir frequently until fragrant and the pine nuts start to brown. WATCH CAREFULLY. Will go from lightly browned to burnt in a second! Dump nuts and seeds onto paper towel to cool.

Combine garlic with about  $\frac{1}{2}$  cup chickpeas in food processor and process until garlic is finely minced. Add tahini, water, olive oil, lemon juice, salt, and remaining chickpeas and process. TASTE! Adjust salt and lemon juice as needed. Add a little water if too thick.

Put hummus in serving dish and sprinkle toasted nuts and seeds on top. Serve with fresh veggies.