

# UC-VEG

## Umpqua Community Veg Education Group

PO Box 89 | Umpqua, OR 97486 | 541-378-6359 | UmpquaCommunityVeg@gmail.com | ucveg.org

# Hummus

Hummus is a very versatile Middle Eastern dish traditionally made from garbanzo beans. It is commonly used as a dip for veggies, pita chips and crackers. It is also a delicious sandwich spread with fresh veggies and pickles. Try a non-traditional use for it like smothering your baked or steamed potatoes or very traditional combinations like with falafel.

### Ingredients:

- 1 can garbanzo beans, rinsed and drained
- 1 tablespoon tahini\*
- ¼ cup fresh lemon juice\*\*
- ¼ cup water
- 2 cloves garlic

Put all ingredients in a food processor and blend until smooth. Store in an airtight container in the refrigerator for up to 5 days.

\* If you want a fat free version then omit the tahini and use 1 tablespoon of mustard. This is how Caldwell and Ann Esselstyn make their hummus.

\*\*Lime juice, rice vinegar or vinegar of choice can be substituted for the lemon juice.

Optional ingredients that can be added:

Jalapeno, Cilantro, Sundried tomatoes, Roasted Red Peppers, Parsley, Cumin, Roasted garlic

Recipe courtesy of Jeff Novick; modified by Cathy Deyo

