

UC-VEG

Umpqua Community Veg Education Group

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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 T tahini*
- 2 T fresh lemon juice**
- 2 T water
- 2 cloves garlic
- 2 T vegetable broth
- 2 tsp. Spike Original Seasoning

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