



Just Recipes.

Easy One-Step Hummus

Why buy hummus at the store when it's so easy to make at home?

Ingredients

Makes about 3.5 cups (875 ml)

For the hummus

- | | | |
|-----|----------------|----------------------------------|
| 1 | 19-oz [560 ml] | can organic chickpeas |
| 1/3 | cup [83 ml] | tahini (sesame paste) |
| 1 | | clove garlic, peeled and chopped |
| 1/2 | tsp [2.5 ml] | sea salt |
| 1/2 | tsp [2.5 ml] | ground cumin |
| 1/2 | tsp [2.5 ml] | ground white (or black) pepper |
| 2 | tbsp [30 ml] | extra-virgin olive oil |
| 2 | tbsp [30 ml] | water (plus more to taste) |
| | | Juice from 2 lemons |

To serve

- More olive oil
- Roughly chopped flat-leaf parsley
- Chopped black olives
- Black pepper
- A sprinkling of fleur de sel
- Pita chips, sliced veggies

Method

Drain and rinse the chickpeas.

Combine all hummus ingredients (chickpeas through lemon juice) in a food processor. Process for at least 2 minutes (preferably more, it takes a while to become really creamy), stopping once or twice to scrape down the sides of the bowl. If you like your hummus lighter and creamier, add more water, one tablespoon at a time, until the desired consistency is reached.

Serve as a dip, garnished with chopped black olives, flat-leaf parsley, black pepper, fleur de sel and extra-virgin olive oil, or spread in your favorite sandwich.



Recipe Credit: Marie Asselin

Photo Credit: Marie Asselin

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