

# CHEF AT THE MARKET

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**Healthy Lunch & Lifestyle Project**  
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## **Hummus**

2 garlic cloves, minced and mashed to a paste  
with ½ tsp salt  
16- to 19-ounce can chickpeas, rinsed and drained  
(use fresh chickpeas, when available)  
⅓ cup well-stirred tahini (sesame seed paste)  
2 Tbsp fresh lemon juice  
2 Tbsp olive oil  
1 tsp ground cumin  
3 Tbsp water  
Salt & pepper

In a food processor blend together garlic paste, chickpeas, tahini, lemon juice, oil, and cumin, scraping down side, until smooth. Add water and salt and pepper to taste and pulse until just combined. Hummus may be made 2 days ahead and chilled. For variety mix in roasted bell peppers or cayenne pepper to taste.

Makes approximately 2 cups.

Enjoy hummus with fresh vegetables such as snap peas, carrots, bell peppers, and cucumbers.



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