

SNACK FEST 2021

4H Manitoba

~ PUTTING GOOD FOOD ON TABLES AND AGENDAS ~

Hummus – recipe from www.gettystewart.com

Supplies

Food processor

Rubber spatula

Sieve for rinsing beans

Garlic Press or knife & cutting board

Serving bowl

Measuring spoons & cups

Ingredients

2 cups or 1 can (19 oz/540 mL) chickpeas

2 Tbsp lemon juice (half a lemon)

1 Tbsp canola oil

2 Tbsp tahini (optional)

2 cloves garlic

1/2 tsp cumin powder

1/2 tsp ground coriander powder

1/4 tsp salt

1/8 tsp black pepper or cayenne pepper

Parsley or Cilantro for garnish

Instructions

Drain and rinse chickpeas well.

Add chickpeas, lemon juice, oil, tahini, garlic, cumin, coriander, salt and pepper to food processor.

Puree until smooth, stopping to scrape down sides several times.

Taste and adjust seasoning.

Add 1 to 2 Tbsp of water if consistency is too thick.

Scrape into serving bowl.

Garnish with chopped cilantro or parsley and serve with veggies, pita bread, crackers.

Use as a spread on sandwiches.

Store any extras in refrigerator for 2 days or in freezer for longer.

Makes: 1 3/4 cups

Chickpea Alternative: Use canned cannellini (white kidney) beans instead.

Notes & Ideas