

tasty Recipe

Cilantro Hummus

INGREDIENTS

1 (16 oz) can of chickpeas	1½ tsp tahini
¼ cup liquid from the can of chickpeas	2 cloves garlic (crushed)
3 to 5 tbsp lemon juice (to taste)	½ tsp salt
	2 tbsp olive oil 1 tsp cilantro, finely chopped

INSTRUCTIONS

- Drain chickpeas and set aside liquid from the can.
- Combine remaining ingredients in blender or food processor. Add ¼ cup of liquid from chickpeas. Blend for 3 to 5 minutes on low until thoroughly mixed and smooth.
- Place in serving bowl and create a shallow well in the center of the hummus. Add a small amount (1 to 2 tablespoons) of olive oil in the well.
- Garnish with extra cilantro (optional). Serve immediately with fresh, warm or toasted pita bread, or cover and refrigerate.

