



Garden Fresh Farm Recipes

Hummus

We visited the Middle East in 2019 and fell in love with the flavorful food.

Whats hummus made of? Hummus is made from cooked chickpeas (garbanzo beans), tahini, garlic, olive oil, lemon juice, and salt. Puree everything, top with some paprika and a swirl of olive oil and voila, youre done!

Hummus is terrific with toasted pita bread. Hummus is also wonderful as a dip for crackers or raw crispy vegetables such as celery, red bell pepper, carrots, and cucumber rounds..

Ingredients:

2 cans (15 oz) chick peas aka garbanzo beans
1 or more large clove(s) fresh garlic finely diced
2 tablespoons Tahini (sesame paste)
1/2 cup fresh squeezed lemon juice
1/2 teaspoon salt
1 tablespoon olive oil



Directions:

Drain chickpeas, saving the liquid. Place chickpeas and garlic in a food processor.

Add Tahini, lemon juice and salt. Process well.

Add chickpea liquid until the mixture is as thin as you like. It may even set up a bit so I normally make it on the thin side at this stage.

Pour into a serving dish. Drizzle with olive oil and sprinkle with sumac or paprika.

Serve with warm pita wedges.