



Lori's Spicy Hummus

1 8oz. cans of chick peas (garbanzo beans) drained, keep the liquid
½-¾ lemons, juiced
1-2 tbl. tahini (found in health section near peanut butter)
¼ +/- cup juice from chick peas
3-6 tbl. olive oil
2-3 garlic cloves whole
¼-½ tsp. cayenne pepper
¼-½ tsp. ground cumin
1 tbl. chopped parsley or cilantro (optional)
Salt to taste
Sweet paprika

Preparation

Drain the chickpeas and keep the liquid. Put the chick peas into the food processor. Add juice of ½ lemon, tahini, ¼ cup of the chickpea juice, garlic cloves, cayenne, cumin and parsley. Turn on the processor and let everything blend together. Then slowly start adding the olive oil up to 6 tbl. Taste and adjust the seasonings and add more lemon juice, more chick pea juice and/or more olive oil to get the right consistency. (The olive oil will make it creamier, and the chick pea juice will leave it kind of coarse.)

The hummus can be refrigerated at this point for up to a week. About 1 hour before serving remove from refrigerator, spoon onto serving platter, drizzle with extra virgin olive oil and sprinkle with paprika.

Serve with pita bread/chips or vegetables.

Bon Appetit!

Yields 8 servings.

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