

Hummus

1 15 oz. can garbanzo beans (drain, but save the liquid)

1/2 t. salt

1/4 t. pepper

1-3 T. olive oil

1-2 cloves garlic, coarsely chopped

1 t. ground cumin

3 T. freshly squeezed lemon juice (about 1 small lemon)

1/4 c. sesame tahini

Put beans, salt, pepper, & 3 T. reserved bean liquid in food processor.

Heat the chopped garlic in the olive oil until lightly roasted.

Add cumin powder to the oil, saute briefly, and pour all in food processor.

Rinse the pan with the lemon juice and add to food processor.

Add tahini to food processor, and blend all until smooth. Add more bean liquid, 1 T. at a time until desired consistency.

(makes ~2 cups)

If 1 T. oil is used, 1 T. hummus = 29 calories.

Jody's notes: Friends have made this without saute-ing the garlic and cumin, and said it tasted fine.

Recipe adapted from "Slightly Garlicky, Blissfully Satisfying Hummus" at www.savvyvegetarian.com