

Hummmus

Ingredients

YIELDS: 4-6 servings PREP TIME: 10 minutes

- 1 can (540 ml) chickpeas
- 1 clove of garlic
- 2 tsp (10 ml) ground cumin
- ½ tsp (2 ml) salt
- ½ tsp (2 ml) black pepper
- ¼ cup (60 ml) olive oil
- 3 tbsp (45 ml) lemon juice
- Water

EQUIPMENT: Blender / Can opener / Colander / Measuring cups / Measuring spoons / Cutting board / Knife

Directions

- 1) Drain and rinse chickpeas.
- 2) In a blender or food processor, combine chickpeas and garlic.
- 3) Add remaining ingredients and blend until smooth. Add water if needed to make a smooth consistency.

..... Chef's Tip



Hummmus is a popular dish from the Middle East. It can be used as a dip for veggies or pita bread, or used as a spread on wraps and sandwiches.

Let's Get Cookin'!

