

## **Hummus**

*Hummus is a popular dish around the Middle East. Countries such as Lebanon, Syria, Israel and Egypt all have different variations. Hummus is an excellent source of protein and fibre and is a quick, healthy part of a snack or lunch.*

2 cups canned or cooked chickpeas, drained and liquid reserved

½ cup tahini

¼ cup olive oil

2 cloves garlic, minced

Juice of 1 lemon

1 teaspoon ground cumin

Salt, pepper to taste

Put everything in a food processor and begin to process. Gradually add reserved chickpea liquid or water if mixture seems thick.

Taste and adjust seasoning.

Serve with pita and vegetables.

Makes 8 servings

### **What can you do with hummus?**

Use it in a sandwich:

- spread in a pita, add shredded lettuce, cucumber and tomato
- use in a tortilla roll up with chopped vegetables

Make it with different beans and lentils:

- white beans
- black beans

Change up the flavour:

- add roasted red peppers
- add herbs such as parsley and cilantro
- try different spices: paprika, chili powder, sriracha
- add cooked spinach