



Classic Hummus

Yield: Approximately 2 ½ C

2 each 15 oz cans of Garbanzo Beans, rinsed and drained
1 T Fresh Garlic – minced
1 tsp Salt
1/8 tsp Cayenne Pepper
1 ½ oz Fresh Lemon Juice
2 T Tahini (Sesame Seed Paste)
4 oz Olive Oil

Combine all of the ingredients *except* for the olive oil in a food processor.
While the motor is running, slowly drizzle in the olive oil through the opening in the top.
Process the mixture until it is well blended and a creamy, smooth consistency is achieved.
(if you like your hummus a bit “looser”, just add more olive oil!)

Hold under refrigeration.

Garnish with a drizzle of olive oil and a sprinkling of paprika or some roughly chopped cilantro.

Variation: For Roasted Garlic Hummus, simply add 6 or so cloves of mashed roasted garlic!

Spiced Pita Chips

Yield: 48 chips (8 – 10 people)

6 T Olive Oil
1 T Cumin, ground
1 T Sea Salt
2 tsp Freshly Ground Black Pepper
½ tsp Paprika, ground
6 each 6” Pita Chips (white or wheat), cut into 6 even pie-shaped wedges

Combine all of the wet ingredients.

Arrange the pita chips on parchment paper-lined pans in a single layer.

Drizzle the olive oil mixture over the chips and lightly toss.

Bake in a 375°F oven for 10 minutes or so, or until desired level of crispness.

One they start crisping it goes rather quickly, so check often.

If you’re not sure, just set your timer for every minute and a half or so.