

Hummus bi Tahini

a recipe from www.maureenabood.com

Hummus is great served with pita chips, vegetables, or crostada. Make a wrap sandwich by spreading hummus on thin pita bread, adding veggies like cucumber, bell peppers, and carrots, then roll it up.

2-4 T lemon juice

½ cup plain yogurt

2 T high quality olive oil, plus 1-2 T for garnish

1 small clove garlic, minced

½ cup tahini (stir before using)

1 lb. chickpeas (from a 16 oz. can, or from dried, then cooked, chickpeas)

2 t salt

½ t paprika

Place the lemon juice, yogurt, olive oil, garlic, tahini and chickpeas in a blender (the liquid is at the base of the blender). Blend on high, stopping to stir frequently, until the hummus is smooth, adding 1-2 tablespoons lukewarm water. Taste, and season with salt. More yogurt can be added as desired, to smooth out the hummus.

Spread the hummus on a medium-sized plate, drizzle with olive oil and sprinkle with paprika.