

## **Hummus**

Lentil or Chickpea Hummus

Makes about 2 1/4 cups

### **Ingredients**

2 cups black lentils or chickpeas, cooked

1 small clove garlic, minced

1/2 lemon, juiced

1/2 tsp cumin (optional)

1/4 cup water or reserved cooking liquid

1/2 tablespoon tahini (optional)

1/4 cup olive oil

Salt to taste

Pepper to taste

Assorted veggies to dip

Variation: Add 1/4 cup grated red beets for pink hummus

### **Procedure**

1. Combine all ingredients except oil in a food processor. Slowly pour in olive oil
2. Taste and adjust seasoning. Serve with veggie sticks

### **Tools Needed**

Knife

Cutting Board

Measuring Cups  
and Spoons

Food Processor