

Hummus

1-1/2 c. chickpeas (garbanzo beans)
6 c. water
Soak chickpeas in water 2-3 hours or overnight,
Then boil until very soft (1-2 hours)

OR

2-15 oz. cans chickpeas

Combine in a food processor or blender:

Chickpeas, partially drained	1/4 c. tahini
2-3 cloves garlic, minced	1-1/2 t. salt
Several sprigs of parsley	Dash cayenne
3-4 green onions	1 T. cumin
1/3 c. lemon juice	1 t. paprika
2 T. olive oil	2 T. sesame oil

Blend until smooth. Chill thoroughly. Taste to correct seasoning. Some people add extra garlic or tahini. Enjoy with carrot sticks, pita bread or tortilla chips



Recipe from Prairie Harvest Market and Deli
601 N. Main, Newton, KS 67114 www.prairieharvestnewton.com