



Hummus

YIELDS: 4-6 servings

PREP TIME: 10 minutes

Ingredients

- 540 mL (1 can) chickpeas
- 1 clove of garlic
- 10 mL (2 tsp) ground cumin
- 2 mL (½ tsp) salt
- 2 mL (½ tsp) black pepper
- 60 mL (¼ cup) olive oil
- 45 mL (3 tbsp) lemon juice
- Water

EQUIPMENT: Blender | Can opener | Colander | Measuring cups | Measuring spoons | Cutting board | Knife

Directions

1. Drain and rinse chickpeas.
2. In a blender or food processor, combine chickpeas and garlic.
3. Add remaining ingredients and blend until smooth. Add water if needed to make a smooth consistency

CHEF'S TIP: Hummus is a popular dish from the Middle East. It can be used as a dip for veggies or pita bread, or used as a spread on wraps and sandwiches