

Hummus

From: Robbinsdale Area Schools

Serves: 4-6

Portion Size: 1/2 cup

Instructions

- 1:**
Combine chickpeas and garlic in food processor until well blended.
- 2:**
Add remaining ingredients and puree until creamy.
- 3:**
If mixture seems dry or too thick, add liquid from chickpeas to proper consistency.



At all sites, the hummus is paired with local parsnip and watermelon radish “chips”.

Ingredients

- 1 1/2 cups**
Chickpeas, liquid drained but save for later
- 1 clove**
Garlic, peeled
- 2 tbsp**
Lemon juice
- 1/4 cup**
Olive oil
- 2 tbsp**
Tahini paste
- 1 tsp**
Cumin
- 1/2 tsp**
Salt