

EPICUREAN ESSENTIALS

Black Bean Hummus

- 1 clove garlic
- 15 ounce can black beans, rinsed and drained
- 1 lime, juiced
- 3 tablespoons tahini
- 2 1/2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon cayenne
- 1/2 bunch fresh cilantro, washed and patted dry
- 1 scallion, thinly sliced

Mince garlic in clean, dry bowl of a food processor. Add black beans, lime juice, tahini, cumin, salt and cayenne. Process till smooth. Adjust seasoning to taste and add water or olive oil till desired consistency is reached. Pulse in cilantro including stems. Mix until cilantro is well minced. Garnish with sliced scallion and additional cilantro if desired.