

EPICUREAN ESSENTIALS

Traditional Hummus

- 1 medium garlic clove
- 15 ounce can garbanzo beans, rinsed and drained
- 1/2 cup tahini
- 2 lemons, juiced*
- 2 tablespoons olive oil
- 2 teaspoons ground cumin
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne
- fresh parsley, minced, for garnish

Mince garlic in clean, dry bowl of a food processor. Add remaining ingredients except parsley and process until smooth. Add water to reach desired consistency and adjust seasoning to taste. Spoon into serving bowl and garnish with minced parsley.

*Adjust amount of lemon juice to suit your personal taste.