

Hummus with Fresh Herbs

- Two 15-ounce can chickpeas (also called garbanzo beans), drained and rinsed
- Juice from 1 large lemon
- 1/4 cup tahini (sesame butter)
- 1 garlic clove
- 4 tablespoons olive oil
- 1 ½ teaspoons salt, depending on taste
- 1 teaspoon ground cumin
- Small handful of fresh herbs such as chives, parsley, or basil
- 3 tablespoons water
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Add all ingredients, except for water, to food processor – mix until blended. Add 2-3 tablespoons water (depending on consistency) and mix until hummus is creamy and smooth. Dip fresh veggies such as carrots or radishes in hummus. Enjoy!