

Hummus

Serves 6

2 garlic cloves, minced and then mashed
1 19-oz can of garbanzo beans (chickpeas), drained and rinsed
1/2 cup of tahini
1/3 cup freshly squeezed lemon juice
1/4 cup water
3 tablespoons olive oil
salt and pepper to taste
Pine nuts (toasted) and parsley (chopped) for garnish

In a food processor, combine the mashed garlic, garbanzo beans, tahini, lemon juice, 1/2 cup water, and olive oil. Process until smooth. Season with salt and pepper to taste. Serve with toasted pita.