

Hummus bi Tahini

1 (15 oz.) can chick peas (garbanzo beans)
1 t. salt
juice of 2-3 lemons
2 T. cold water
4-5 sprigs fresh parsley
2 small or 1 large clove garlic, crushed
5 generous T. Tahini (sesame seed paste or about $\frac{1}{3}$ cup
1 t. cumin
2 T. olive oil
 $\frac{1}{8}$ t. cayenne or more to taste

Drain chick peas and rinse thoroughly until almost no “bubbles” come to the surface. Place all ingredients **except olive oil** in a food processor or blender and process until smooth. Add more water if necessary until the desired consistency is reached. You don’t want it too thick or too thin.

Place in a shallow bowl. Using the tines of a fork, begin at the center of the bowl and make concentric circles. Drizzle with the olive oil. Sprinkle with additional chopped parsley. Serve with pita bread and/or raw vegetables. Keeps for about a week in the refrigerator.

An excellent sandwich is whole grain bread or a pita pocket stuffed with hummus, sliced tomato, thinly sliced cucumber and shredded lettuce.