

Mediterranean Layer Dip

Adapted from *Bean by Bean a Cookbook* by Crescent Dragonwagon

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1 English cucumber, peeled and chopped
6 to 8 radishes, tops and tails removed, well washed and chopped
1 jalapeno, seeded and chopped
¼ teaspoon salt
Juice of 1 lemon
2 bunches green onions, white and light green portions only, chopped
¼ cup chopped parsley
2 Tablespoons chopped dill
2 ½ cups hummus (recipe follows)
½ cup feta cheese, crumbled
1 cup sour cream or Greek yogurt
2 large tomatoes, chopped
1 cup kalamata olives, chopped

Pita chips

In a medium colander with a bowl underneath, stir together the cucumber, radishes, jalapeno, lemon juice and salt. Let the cucumber mixture drain for at least 20 minutes.

In a small bowl, stir together the green onions, parsley, and dill. Set aside.

Spread the hummus on the bottom of a glass pie plate. Sprinkled drained cucumber mixture over the hummus, and add the green onion mixture on top of the cucumber mixture. Add the feta cheese, and top with the sour cream. Sprinkle the sour cream with the tomatoes and the kalamata olives. Serve immediately with pita chips.

Hummus

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2 15-ounce cans reduced sodium garbanzo beans (chickpeas), drained, liquid reserved
3 tablespoons tahini
2 Tablespoons good quality extra virgin olive oil
4 cloves garlic, peeled and quartered
Juice of 1 to 2 lemons, or more to taste
kosher salt
freshly ground black pepper

Combine the garbanzo beans, 2 tablespoons of the reserved bean liquid, tahini, olive oil, garlic and the juice of one lemon in the bowl of a food processor. Pulse until very smooth. Add more bean liquid and lemon juice until the hummus is the consistency of sour cream or a little thinner. Taste and add salt and pepper to taste. Refrigerate for at least 2 hours to let the flavors

combine.