

## *Hummus*

This recipe for chickpea dip is from Syria and Lebanon. *Hummus* is the most often served appetizer with any Middle Eastern meal.

### **Ingredients**

(1) 19 oz. can of chickpeas  
board

4 Tbs. *taheena* sauce

1/4 cup lemon juice

4 garlic cloves

2 Tbs. olive oil

1 Tbs. parsley  
processor

pinch cayenne pepper

salt

### **Utensils**

knife and cutting

measuring spoons

lemon reamer

can opener

measuring cup

blender **or** food

shallow serving bowl

This dish is seasoned to taste. Make the *teheena* sauce (see recipe below). Juice the lemon. Peel and crush the garlic into small bits. Finely chop the parsley. The dish can be prepared up to this point in advance. Open the can of chickpeas and pour them, along with 1/2 of the liquid in the can, into the blender or food processor. Add the *teheena*, garlic, lemon juice, cayenne pepper, and salt. Blend the mixture into a thick paste. The rest of the liquid from the can may be added if a thinner consistency is desired. Place the mixture in the serving bowl and place the bowl in the refrigerator. Chill for at least 1 hour. Before serving garnish with parsley and sprinkle with olive oil. *Hummus* can be made in advance of the meal and stored in an airtight container. *Hummus* can be bought in the store, but is not as good as homemade.