

# Hummus Dip

Prep Time	Cook Time	Total Time
10 min	0 min	10min

Yield – 8 servings

## Ingredients

- Chickpeas – 2c drained well-cooked or canned chickpeas, liquid reserved
- Tahini (sesame paste) – ½c, optional, w/ some of its oil
- Garlic – 2 cloves – peeled (can add more to taste)
- Salt & Pepper – to taste
- Cumin or paprika – 1TBSP – or to taste & sprinkle for garnish
- 1 Lemon – zested and juiced (more to taste)
- Parsley – chopped fresh for garnish

## Instructions

1. Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
2. Taste and adjust the seasoning.
3. Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.

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<http://www.epicurious.com/recipes/food/views/hummus-237832>



Chickpeas (aka garbanzo beans) have 15g of protein though not complete (ie. need a mix of rice, bean, nuts, & seeds). They are also a source of healthy fats and fiber. They are naturally high in the vitamin folate which aids in brain function, emotional health, and cancer prevention. Chickpeas are also high in molybdenum (an essential mineral for the metabolism of fats & carbohydrates); manganese (a mineral crucial for bones, joints, blood clotting, sex hormones & a component of the body's natural antioxidant system); copper (a mineral that aids in blood production, nerve and immune health, bone and connective tissue formation; is an antioxidant; and aids in energy production). Finally, chickpeas are a good source of phosphorus, iron, and zinc.

Sesame seeds are also high source of essential fatty acids, fiber, & several key amino acids, as well as copper, manganese, iron, phosphorus, & zinc. They also contain cholesterol lowering phytosterols which help lower blood pressure, aid in fat burning, & nutrient absorption.