RECIPE

Hummus

A smooth chickpea snack dip with tahini, lemon and olive oil, made from no-salt-added chickpeas and a measured half teaspoon of salt, about 108 mg sodium a serving.

MAKES

12 servings US Metric

TOTAL

20 min

Ingredients

- [ ] 3 cups cooked chickpeas (two 15 oz cans no-salt-added chickpeas, drained and rinsed)
- [ ] ⅓ cup tahini, stirred well
- [ ] 3 tbsp olive oil (2 for the blender, 1 to drizzle on top)
- [ ] ¼ cup lemon juice
- [ ] 1 tsp garlic powder
- [ ] ½ tsp ground cumin
- [ ] ½ tsp salt
- [ ] 1 tsp paprika, to dust on top
- [ ] 1 tbsp chopped fresh parsley, to scatter on top
- [ ] 8 tbsp ice water

Method

1. Put the lemon juice, salt and garlic powder in a food processor. Run it for 10 seconds, then let it sit for 10 minutes. The salt melts and the garlic powder softens, so the flavour spreads evenly.
2. Add the tahini and run the processor for 1 minute, until thick and pale. Scrape down the bowl.
3. With the processor running, add 6 tablespoons of the ice water, 1 tablespoon at a time. The tahini turns light and fluffy as it takes the water.
4. Add the chickpeas, cumin and 2 tablespoons of the olive oil. Run for 4 to 5 minutes, scraping the bowl twice, until the hummus is smooth and spoons like thick cream. If it is stiff, run in the last 2 tablespoons of ice water, 1 at a time.

5 Spoon into a shallow bowl and swirl the top with the back of the spoon. Drizzle with the last tablespoon of olive oil, then dust with the paprika and scatter the parsley.

6 Serve with raw carrot, cucumber, bell pepper strips or whole-grain pita. Dippers are not counted in the numbers. Keeps 5 days in a covered container in the fridge; refrigerate within 2 hours of making it. Freezes in 1-cup tubs for 3 months; thaw overnight in the fridge and stir.