

## Solange's Hummus

Solange did not give exact quantities, but here is her recipe. I've now made it with delicious, creamy results, once with a canned chick peas and once with chickpeas cooked in the pressure cooker. She made it with 2 cans of chickpeas/garbanzo beans, but I've adjusted it for 1 can.

1 can of chickpeas / drained (I also like to reserve a few chickpeas for presentation)

Put the chickpeas in your food processor, with a little salt (how much will depend on whether they were salted in the can; if so, you may not need salt)

Turn on and periodically open it and use a spatula to scrape the hummus off the sides and into the middle, so everything gets mixed in  
When mixing is difficult, add a little bit of water (1 tbs)  
Continue mixing until it is smooth and creamy.

Once it is smooth, add lemon juice (juice of one lemon), more water as needed (start with 1 tbs and add more if hummus is too firm), minced garlic (she put a lot, but I did one clove), and pepper  
Then add tahini (you have to mix it well in the jar first, as it tends to harden), approximately 2 tablespoons  
You can also add some oil, vegetable or olive, about 1/2 tbs to 1 tbs

Keep tasting as you go and adjust what you add based on taste. We love lemon so I add more. **The most important part of the recipe is to get the chickpeas creamy before you add your ingredients.** You can put a little bit of water, say 1 tbs, to help mix them at the top, as Solange showed, but you really want them to have a nice, creamy texture before you add anything else.

I've made it twice this week and serve it for snacks with cut carrots, cucumbers and celery for dipping. And when you serve it, make a little well in the middle, put olive oil in it and any spices you like (paprika, etc.). If you reserved chickpeas, just put them in the center of your hummus. It is also good with some dry roasted pine nuts.

Enjoy!

