



COMMUNITY KITCHEN



**WELCOMING
WEEK
SEPTEMBER
12-21**

For a better us.®

THE ART OF HUMMUS

Ready In: 15 mins

Ingredients: 6 Basic Ingredients

(Additional ingredients to flavor may be added)

A high-powered blender or food processor is best for making hummus. Be sure to scrape the sides down a few extra times as you make it.

Ingredients

1 (15 oz) can chickpeas, drained

3 tablespoons Quality Tahini

2 small or 1 large heads roasted garlic

2 Meyer's lemons (or 1 regular)

1/3 to 1/2 cup Extra Virgin Olive oil

Salt & Pepper to taste



Fun Facts About Hummus

Name Origins

The word hummus literally means "chickpeas" in Arabic!

Tahini's Big Entrance

Early versions didn't include tahini (sesame paste). The creamy combo we know today developed later in the Levant region.

World Record Bowl

In 2010, Lebanon set a Guinness World Record by preparing the largest plate of hummus ever, weighing 23,000 pounds!

Health Hero

Hummus is naturally high in protein, fiber, and healthy fats, making it both delicious and nutritious.

Global Variations

Today, hummus comes in countless flavors; roasted red pepper, beet, avocado, chocolate, and more.

Perfect Mezze

Traditionally, hummus is served as part of a mezze platter, surrounded by pita, olives, and fresh vegetables for sharing.

Directions

1. In the blender or food processor, combine the tahini, garlic, lemon juice, olive oil, and salt and pepper. Blend Well
2. Scrape the sides and bottom of the bowl, then process for 30 seconds more. This extra time helps “whip” or “cream” the tahini, making the hummus smooth and creamy.
3. Add the remaining ingredients and process for 1 minute.
4. Drain the chickpeas. Then add **half** of the chickpeas to the food processor and process for 1 minute. Scrape the sides and bottom of the bowl, then add the remaining chickpeas and process them until thick and relatively smooth, 1 to 2 minutes.
5. The hummus may be too thick and still have tiny bits of chickpeas. To fix this, slowly add 2 to 3 tablespoons of chickpeas juice from can or more olive oil with the food processor turned on until you reach the perfect consistency.
6. Taste and adjust as needed. Serve hummus with a drizzle of olive oil and a sprinkle of paprika.
7. Store homemade hummus in an airtight container and refrigerate for up to one week. Freeze, covered with a thin layer of olive oil, for up to one month.

Tip: A little olive oil, garlic, and lemon go a long way toward the perfect hummus—just like generations before us have shown!

