

Hummus Vegetable Dip



This dip can be found in Mediterranean and middle Eastern cuisine. The perfect appetizer or spread on pita bread and vegetables.



1	Can	Garbanzo Beans, 16 ounces; rinsed and drained well
5	Tablespoons	Fresh Lemon Juice
1/4	Cup	Water
1/2	Cup	Tahini, (sesame seed paste)
2	Tablespoons	Olive Oil
2	Cloves	Garlic, sliced
1/2	Teaspoon	Ground Cumin
		Sea Salt, to taste
		Freshly Ground Black Pepper, freshly ground, to taste
2	Drops	Hot Pepper Sauce
		Assorted Vegetables, chopped
		Pita Bread, cut into wedges
		Kalamata Olives, oil-cured

- 1 In blender container or food processor, place garbanzos, 5 tablespoons lemon juice, water, tahini, 2 tablespoons olive oil, garlic and cumin; process until mixture is thick and creamy. Season to taste with salt, black pepper, and hot pepper sauce, if desired. Adjust consistency with additional lemon juice or water, if desired.
- 2 Transfer to serving bowl. Cover; refrigerate at least 1 hour before serving. Serve with vegetables and pita bread; garnish with olives and drizzle with additional olive oil.