

HOMEMADE HUMMUS

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INGREDIENTS

You only need 8 basic ingredients to make this easy homemade hummus recipe!

8 oz dried chickpeas or two 15 oz canned chickpeas
1/3 cup Tahini
5 tablespoons Extra Virgin Olive Oil
Citrus (Fresh juice from 2 limes or 1 large lemon)
2–3 Garlic cloves, minced
2–4 tablespoons Cumin
1 teaspoon Sea Salt
Dash of Paprika



DIRECTIONS Prep your ingredients for assembly.

Cooked chickpeas. I always cook dried chickpeas. Make sure to soak them ahead of time. You can do an overnight soak or use the quick soak method. Rinse off the froth afterward. Then, bring 6–8 cups of water to boil. Add rinsed beans to boiling water. Reduce heat and simmer. Let them cook for a bit longer than you normally would, approximately 1 1/2–2 hours. You want them to be mushy, soft, and creamy.

Tahini. A generous amount of good-quality tahini is the key to smooth hummus. I really think much of this recipe depends on your own personal taste.

Extra-virgin olive oil. You can really tell if it's not good quality and I love to serve it with an extra drizzle of oil on top!

Fresh lime or lemon juice. Squeeze it yourself for a fresher, more authentic flavor. I prefer lime juice.

Garlic. It adds savory depth of flavor. I usually start with 2–3 cloves (but I also love garlic!)

Cumin. This is to taste, but I'd suggest starting with 2–4 tbsp.

Sea salt. I use 1 tsp to heighten the flavors in this recipe to start and adjust to taste.

Now that you have your ingredients, you can make this recipe in one easy step. Add the chickpeas, tahini, lemon juice, cumin, olive oil, garlic, and salt to a large bowl and process with a hand blender or in a food processor, until smooth. I actually prefer using a hand blender, personally, because I don't need it to be too smooth.

As you blend, add more olive oil if the mixture feels dry, to reach your desired consistency. It's helpful to do while the chickpeas are warm—picks up the olive oil better and easier to blend.

To finish, add the hummus to a serving bowl. Spread the hummus evenly and make a hollow on top in the middle. Pour olive oil to your desire in the hollow and add an extra drizzle of oil on top. Sprinkle paprika for decor and taste!

Enjoy the hummus right away or transfer it to an airtight container, and store it in the fridge. It keeps well for up to 5 days. I love having it on hand for a healthy, high-protein snack!

Enjoy with veggies like carrots or crackers, especially pita bread or pita chips!!