

Healthy Homemade Hummus

Ingredients:

- 4 garlic cloves
- 2 cups canned chickpeas, drained, liquid reserved
- 1 1/2 teaspoons kosher salt
- 1/3 cup tahini (sesame paste)
- 6 tablespoons freshly squeezed lemon juice (2 lemons)
- 2 tablespoons water or liquid from the chickpeas

Directions

1. Turn on the food processor fitted with the steel blade and drop the garlic down the feed tube
2. Process until it's minced.
3. Add the rest of the ingredients to the food processor and process until the hummus is coarsely pureed.
4. Taste, for seasoning, and serve chilled or at room temperature.

MADE WITH LOVE

by Teresa Forehand

Inspired by: Ina Garten