

Red Pepper Hummus – GF, SF, CF, VEG

Ingredients:

1 cup dried chickpeas
1 cup tahina
1/3 cup lemon juice
2 cloves raw garlic or 4 cloves roasted garlic
1 teaspoon salt
Freshly ground pepper to taste
1/2 teaspoon ground cumin
3 tablespoons extra virgin olive oil
4 tablespoons pine nuts
Dash of paprika or sumac
1 red bell pepper roasted

Directions:

1. Put the raw chickpeas in a bowl with cold water to cover and soak overnight.
2. Drain and rinse the chickpeas, then place them in a heavy pot with enough cold water to cover. Bring to a boil, then simmer, partially covered, for about an hour or until the chickpeas are soft and the skin begins to separate. Add more water as needed.
3. Drain the chickpeas, reserving about 1-1/2 cups of the cooking liquid. Set aside 1/4 cup of the cooked chickpeas for garnish. In a food processor fitted with a steel blade, process the remaining chickpeas with the tahina, lemon juice, garlic, salt, pepper, cumin, and at least 1/2 cup of the reserved cooking liquid. If the hummus is too thick, add more reserved cooking liquid or water until you have a paste-like consistency. Then add red bell pepper or artichokes and spinach. Process for another minute.
4. Heat a frying pan and add 1 tablespoon of the olive oil. Spread the pine nuts in the pan and stir-fry, browning on all sides.
5. To serve, transfer the hummus to a large, flat plate, and with the back of a spoon make a slight depression in the center. Drizzle the remaining olive oil on top and sprinkle the reserved chickpeas, pine nuts, paprika or sumac, and parsley or cilantro over the surface.
6. Serve with cut-up raw vegetables/warm pita cut into wedges

NOTE: You can also add cayenne pepper to the hummus. Sometimes leftover hummus tends to thicken just add some water to make it the right consistency.

Submitted By: Cheryl 06/09