



Hummus / Plain & Roasted Red Pepper

Hummus- A Middle Eastern dish. A paste of mashed chickpeas-(garbanzo beans), tahini, garlic, etc. Eaten often with pita bread as an appetizer.

Ingredients:

1 15-oz can chickpeas — I prefer organic (garbanzo beans) — drained and rinsed
½ cup tahini (sesame paste)*

*I like DI Wadi brand, but most any brand that you find which is 100% Sesame seeds should be fine.
You can find Tahini in grocery stores (ethnic foods), Health Food stores, and Mediterranean stores.

1-2 cloves garlic

1 lemon – juiced

(optional: ½-1 Tbsp olive oil)

Optional Garnish with dried or fresh parsley or dried paprika

Roasted Red Pepper - Hummus

Use above recipe for Hummus

Approximately 2-3 tablespoons canned Roasted Red Bell Peppers. Add more to taste.

- Trader Joes has a very inexpensive jar of Red Peppers.
- Also other supermarkets also carry jars of Red Bell Peppers.



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