

*Enjoy This Recipe Courtesy of Chef Les Kincaid*

Hummus

2 garlic cloves  
1/4 cup tahini (sesame paste)  
1/4 cup fresh lemon juice  
2 cups canned chickpeas drained and rinsed  
1/2 cup water  
1/4 teaspoon ground cumin or to taste  
1/4 teaspoon cayenne or to taste  
Kosher salt to taste  
Extra virgin olive oil  
Lemon wedges  
Grilled pita triangles

In a food processor or blender combine the garlic, tahini, and lemon juice and process until the mixture "whitens." Add the chickpeas and process until smooth. Add water, a little at a time, to achieve desired consistency. Add the cumin, cayenne and salt and process. Taste and adjust seasoning if necessary. Transfer dip to a serving bowl, smooth top and drizzle with olive oil. Serve with lemon wedges and pita.

Yield: about 2 cups dip