

See Jane Cook

DORENA'S VELVETY HUMMUS

- 1 can (19 oz.) drained chickpeas (garbanzo beans)
- 1/3 cup tahini (sesame seed paste)
- 1/4 cup lemon juice
- 3 tbsp. olive oil
- 1 large clove garlic, crushed
- Pinch of sea salt

In food processor, combine all ingredients and process until smooth. Garnish with parsley and serve with hot pita bread or toasted pita chips. More tahini, lemon juice and olive oil may be added to suit your taste.

This may also be made with cannelli beans for a lighter, smoother hummus. Decrease olive oil to 2 tablespoons.

Variations:

Olive hummus: Stir in 1/2 to 3/4 cup chopped, brined Greek olives to completed hummus.

Red pepper hummus: Add 1/2 cup roasted red peppers to the processor when hummus is finished and process until peppers are small dice. Top with 1/4 cup diced peppers to garnish.

Hummus can be made up to two days in advance and stored in an airtight container in the refrigerator.