

Hummus 3 Ways

2 garlic cloves
2 cups canned chickpeas, drained, liquid reserved
1 1/2 teaspoons salt (kosher or sea salt)
6 Tbsp. tahini
6 Tbsp. fresh lemon juice
2 tablespoons water or liquid from the chickpeas
½ tsp cumin
1 tsp Za'atar (optional)
3 Tablespoons of Extra Virgin Olive Oil, plus more for serving
Paprika, for serving

6 oz. fresh parsley, stalks removed (optional) *see note below
Spicy buffalo wing sauce (optional) *see note below

1. Mince garlic in a food processor until coarse.
2. Add the chickpeas, salt, tahini, lemon juice, water or chickpea liquid, cumin (and Za'atar if using.)
3. Process for a full 5 minutes (set a timer for this). If the hummus appears dry or very thick, add liquid 1 Tbsp. at a time.
4. With the motor running, stream in the oil and process until combined. Taste for seasoning.
5. Transfer to a medium plate and spread using the back of a spoon, creating a little dent along the way. Drizzle with olive oil and a dash of paprika.
6. Serve with pita bread for dipping (assorted veggies and olives go great with this as well.)

*Note:

If making **simple parsley hummus**- add parsley when adding in the chickpeas and proceed with the above recipe. Garnish with extra chopped parsley leaves and a drizzle of oil.

If making **spicy buffalo hummus**- add in buffalo sauce after the 5 minutes of blending. Pulse several times until sauce is fully incorporated. Garnish with a dash of sauce on top and some celery stalks on the side.

SPICY PITA CHIPS

These yummy chips are great with hummus, guacamole or any other dip.

3 tablespoons olive oil
1 teaspoon ground cumin
1/8 teaspoon cayenne pepper
1/4 teaspoon oregano
1/2 teaspoon garlic powder
1/4 teaspoon fresh ground black pepper
1/4 teaspoon salt
3 whole-wheat or regular pitas, cut into 1/8's

1. Preheat oven to 350 degrees F.
2. Combine olive oil and all spices in a large bowl.
3. Add pita wedges and toss to coat.
4. Spread in 1 layer on a baking sheet and bake for about 15 minutes, turning once, or until pita is brown and crisp.
5. Cool completely before serving.

Beteavon! Happy Yom Ha'atzmaut!