

Village Health Clinic

RECIPES

HUMMUS SPREAD

- 2 cups chickpeas (aka garbanzo beans)
- 3/4 cup liquid from chick peas or water
- 1/4 cup tahini (sesame butter or ground sesame)
- 1/4 cup fresh lemon juice
- 1/4 cup flax seed oil
- 1/4 cup olive oil
- 1 tbsp. Wheat-free tamari soy sauce
- 1 tsp. Coriander
- 2 tsp. Cumin
- 4 fresh cloves garlic
- 1/2 small onion, sautéed

Rinse chickpeas & bring to a boil in a pot of water. Reduce heat & simmer for 2 hours, stirring occasionally. Add water as needed. When peas are tender, drain & place in blender or food processor with 3/4-cup liquid. Blend with garlic, onions, tamari, & spices until smooth, scraping down the sides as needed. Add lemon juice, oils, and tahini, blend until well mixed. Refrigerate until served.

Spread on rice cakes or in sandwiches or use as a dip for vegetables.