

Riverview Wellness Center

RECIPES

Recipe for: Spicy Hummus

Ingredients:

1 (14 ounce) can chickpeas (garbanzo beans), drained and rinsed
3 rounded tablespoons tahini paste, found in both dairy and dry specialty food sections
¼ cup extra-virgin olive oil
½ - ¼ teaspoon crushed pepper flakes
1 teaspoon ground cumin
1 teaspoon ground coriander
3 cloves garlic, crushed
coarse salt and pepper to taste
2 tablespoons lemon juice

Preparation:

- Combine beans, tahini, oil, pepper flakes, cumin, coriander, garlic salt and lemon juice in food processor bowl and grind into a smooth paste.
- Transfer to a small dip dish and surround spread with dipping items.
- Garnish with crushed red pepper flakes and chopped chives.