





Chickpea Pate

Hummus

Middle eastern spread, delicious with crackers, wedges of pita bread or fresh vegetable slices. Also makes a delicious sandwich spread.

| Quantity | Ingredients | Preparation Notes |
|--------------------------|--------------------------------|---|
| 2 C or 1 15 oz Can | Chickpeas, cooked |  Drain chickpeas, reserving liquid |
| 2 | Garlic Cloves, minced |  Mash the chickpeas |
| 1/4 C | Tahini (sesame seed butter) |  Add remaining ingredients and mix well using blender or food processor |
| 2 Tbsp | Lemon Juice |  Should be creamy and spreadable |
| 1/4 tsp | Salt |  If it is too dry, add some of the reserved liquid to achieve desired consistency |
| 1 Tbsp | Parsley, finely chopped | |
| 1/2 tsp | Ground Cumin | |
| 1/2 tsp | Paprika | |