

## **Creamy Hummus**

*In just a few minutes you can prepare this easy and always popular spread to serve as an appetizer or a main dish. Unlike many hummus recipes this one is oil-free.*

<b>2</b>	<b>cups cooked garbanzo beans OR 1 15-oz. can</b>
<b>1-2</b>	<b>garlic cloves, crushed</b>
<b>1</b>	<b>tablespoons tahini (sesame seed butter)</b>
<b>2-3</b>	<b>tablespoons fresh lemon juice</b>
<b>1+</b>	<b>teaspoon salt or to taste</b>
<b>1</b>	<b>teaspoon cumin</b>
<b>1/4</b>	<b>teaspoon paprika</b>
<b>1/2-3/4</b>	<b>cups water</b>
<b>1</b>	<b>tablespoon chopped parsley (optional)</b>

Drain the beans. If using canned beans, empty the beans into a strainer and rinse under the faucet. Drain well. Place the drained beans in a blender along with the remaining ingredients (except for parsley) and whiz until the hummus is very smooth. Stop the blender frequently to push down the hummus. Add additional water slowly to achieve desired consistency. Stop the blender frequently and push down the hummus with a spatula. Important: keep blending the mixture until it is completely smooth and creamy. Taste; add salt if necessary. Blend and taste again.

Serve hummus in a bowl or mounded on a plate with parsley sprinkled on top. Provide pita bread for scooping. Cut each round of pita bread into six triangles, and place the triangles around the bowl or mound of hummus. Hummus is also a tasty sandwich filling and makes a nourishing topping for steamed rice.