

Cilantro-Jalapeno Hummus Dip

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*2 cans (15 ounce ea) chickpeas,
drained and rinsed
3 cups fresh cilantro
2 jalapeno peppers, seeded
1/3 cup water
1/3 cup olive oil
1/3 cup tahini
juice of one to two limes
1 small clove garlic
1 1/4 teaspoons Kosher salt
1 teaspoon ground cumin
pinch cayenne*

In the bowl of a food processor, puree the chickpeas, cilantro, jalapenos, water, olive oil, tahini, lime juice, garlic, Kosher salt, cumin and cayenne until smooth.

Per Serving (excluding unknown items): 2590 Calories; 139g Fat (46.6% calories from fat); 93g Protein; 265g Carbohydrate; 79g Dietary Fiber; 0mg Cholesterol; 2571mg Sodium. Exchanges: 17 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 24 1/2 Fat.