

Hummus Dip

Food Network Magazine

*2 cans (15 ounce ea) chickpeas,
drained and rinsed
1/3 cup water
1/3 cup olive oil
1/3 cup tahini
juice of one lemon
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, water, olive oil, tahini, lemon juice, garlic, Kosher salt, cumin and cayenne until smooth.

Per Serving (excluding unknown items): 2569 Calories; 138g Fat (46.9% calories from fat); 91g Protein; 261g Carbohydrate; 77g Dietary Fiber; 0mg Cholesterol; 2543mg Sodium. Exchanges: 17 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 24 1/2 Fat.