

Eggton's Hummus Recipes

1. Basic Hummus

Ingredients:

1 can garbanzo beans (chickpeas)

2 tbsp. lemon juice (1 good lemon should be enough)

3 tsp. olive oil (plus more, if desired, to taste)

1 tsp. tahini

1/8 tsp. salt

Directions:

Drain and rinse chickpeas. Puree ingredients in a food processor, adding water or oil until desired consistency is reached.

[Note: I use a very minimal amount of olive oil because that's just the way I like it, so mine is on the chunky side. If you like creamy hummus, like Sabra brand, just keep adding olive oil (or water, if you want a lower fat content). Adjust the salt to taste. Tahini has a peanuty-flavor, and this recipe goes light on that also. More can be added for a richer hummus.]

2. Roasted Garlic Hummus

Ingredients:

1 can garbanzo beans (chickpeas)

1 head garlic

2 tbsp. lemon juice (1 good lemon should be enough)

4 tsp. olive oil (plus more, if desired, to taste)

1 tsp. tahini

1/8 tsp. salt

Directions:

Preheat the oven to 375 degrees. Remove the outer layer of skin from the head of garlic. (There is skin around every individual clove as well as skin that grows over the whole head of garlic. Just remove the outer layer so each clove is only surrounded by its own skin.)

Cut 1/4-1/2 inch off the top of the head of garlic, so that the top of each clove is chopped off. (If you can't chop all the cloves, including the far outside ones, in one chop, just slice the tops of the outside ones off separately.)

Spoon 1 tsp. of the olive oil over the head of garlic so that it sinks down into the cloves.

Place in a muffin tin or on a baking sheet, and cover the head of garlic with tin foil. Roast for about 45 minutes or until the garlic is soft and light golden. Check periodically to make sure the garlic does not turn brown.

When garlic is cool enough to handle, peel away the skin and use a

butter knife or your fingers to slide the cloves out.

Drain and rinse chickpeas. Puree the chickpeas with the 2 tsp. remaining olive oil, the garlic, and the other ingredients in a food processor. Add more water or oil until desired consistency is reached.

3. Roasted Red Pepper Hummus

Ingredients:

1 can garbanzo beans (chickpeas)

2/3 c. roasted red peppers, drained

2 tbsp. lemon juice (1 good lemon should be enough)

3 tsp. olive oil (plus more, if desired, to taste)

1 tsp. tahini

1/8 tsp. salt

Directions:

Drain and rinse chickpeas. Puree ingredients in a food processor, adding water or oil until desired consistency is reached.

[Note: I use a very minimal amount of olive oil because that's just the way I like it, so mine is on the chunky side. If you like creamy hummus, like Sabra brand, just keep adding olive oil (or water, if you want a lower fat content). Adjust the salt to taste. Tahini has a peanuty-flavor, and this recipe goes light on that also. More can be added for a richer hummus.]

4. Olive Hummus

Ingredients:

1 can garbanzo beans (chickpeas)

About 12-15 kalamata or french gigante olives (pitted)

2 tbsp. lemon juice (1 good lemon should be enough)

3 tsp. olive oil (plus more, if desired, to taste)

1 tsp. tahini

Directions:

Drain and rinse chickpeas. Puree ingredients in a food processor, adding water or oil until desired consistency is reached.

This recipe does not call for salt because the olives are salty, but you can adjust as you see fit.

[Note: I use a very minimal amount of olive oil because that's just the way I like it, so mine is on the chunky side. If you like creamy hummus, like Sabra brand, just keep adding olive oil (or water, if you want a lower fat content). Tahini has a peanuty-flavor, and this recipe goes light on that also. More can be added for a richer hummus.]

4. Scallion Hummus

Ingredients:

1 can garbanzo beans (chickpeas)

5 scallions (green onions)

2 tbsp. lemon juice (1 good lemon should be enough)

3 tsp. olive oil (plus more, if desired, to taste)

1 tsp. tahini

1/8 tsp. salt

Directions:

Drain and rinse chickpeas. Rinse the scallions, remove the very tops and the roots from the bulb, and chop roughly.

Puree ingredients in a food processor, adding water or oil until desired consistency is reached.

[Note: I use a very minimal amount of olive oil because that's just the way I like it, so mine is on the chunky side. If you like creamy hummus, like Sabra brand, just keep adding olive oil (or water, if you want a lower fat content). Tahini has a peanuty-flavor, and this recipe goes light on that also. More can be added for a richer hummus.]