

# The Perfect Hummus

1. In the food processor, blend together tahini and lemon juice for 1 full minute (This is important). Scrape down the sides and process for an additional 30 seconds.
2. Add the olive oil, minced garlic, cumin and salt to the mixture. Process for 30 seconds; scrape down the sides and process for an additional 30 seconds.
3. Add half the chickpeas. Process 1 minute; scrape the sides and add the remaining chickpeas. Process for an additional minute or two. It will be thick and quite smooth. (Although, some small pieces of chickpea may be present).
4. Turn the processor on low and add water gradually until desired consistency is reached.
5. If adding olives, be sure they are pitted and roughly chopped. Add them to the processor at the end and give it a good swirl.

Enjoy on salads, sandwiches and as the perfect veggie dip!

By now we are all familiar with that crushed chickpea dip known as hummus. I have been making it for years; it's easy, inexpensive, and allows me to avoid all the yucky chemical preservatives that are blended into the packaged version. There are just a handful of ingredients involved, and it always comes out just fine...but not really great. That was until this weekend. It seems, there is a method to the preparation that I was missing, and it makes for delicious, scrape every bit with my finger until the bowl looks clean, hummus:)