

# Hummus

**COOK'S**  
ILLUSTRATEDMAKES ABOUT 2 CUPS,  
SERVING 8 TO 10**INGREDIENTS**

(15 ounce) can chickpeas,  
drained and rinsed

1 medium clove garlic, minced  
or pressed through a garlic  
press

$\frac{3}{4}$  teaspoon table salt

pinch cayenne pepper

3 tablespoons lemon juice,  
from 1 large lemon

$\frac{1}{4}$  cup tahini

$\frac{1}{4}$  cup virgin olive oil

$\frac{1}{4}$  cup water

**INSTRUCTIONS**

*Tahini can be found in Middle Eastern markets as well as the international foods aisles of many supermarkets.*

Process all of the ingredients in a food processor until smooth, about 40 seconds. Transfer the hummus to a serving bowl, cover with plastic wrap, and chill until the flavors meld, at least 30 minutes; serve cold. (The hummus can be refrigerated for up to 2 days.)

