



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## **Creamy Homemade Hummus**

### Ingredients:

1-2 large clove garlic

2 cans chickpeas, drained & rinsed

2 T. olive oil

1/3 cup tahini

1 t. salt

Pinch paprika

½ cup water

3 T. lemon juice, or more to taste

Turn on food processor and drop skinned garlic cloves in while running, to mince garlic. Add rinsed chickpeas, olive oil, tahini, salt, paprika and parsley. Pulse to combine a bit.

Turn on processor and pour in water and lemon juice while running, to emulsify the hummus.

Taste, check seasonings and enjoy with carrots, radishes, cucumbers, peppers, or whatever veggie is in season!

Makes about 3 ½ cups hummus.

**Chef's Note:** If you like, 2 T. chopped parsley may be added.

**Buy local! Get produce for this recipe from small Solano County farms.**

Visit <http://sustainablesolano.org/local-food/> for resources and information.