

Spinach Hummus

Why eat store bought when homemade is SO easy! Add herbs and spices to kick up the flavor of this yummy, healthful spread. Serve with crackers, whole wheat pita or veggie slices for a wholesome snack.

- 1 16-ounce can chickpeas (garbanzo beans), drained with liquid reserved
- ¼ cup of reserved liquid from chickpeas
- 1 cup loosely packed fresh spinach leaves (or ¼ cup frozen, thawed, excess liquid squeezed out)
- 2 cloves garlic, peeled & crushed
- 2 to 4 tablespoons fresh lemon juice, to taste (not concentrate!)
- 1 ½ tablespoons tahini (sesame paste)
- ½ teaspoon salt
- 2 tablespoons extra virgin olive oil, plus extra for drizzling
- fresh parsley or other herbs, optional

Place chickpeas, ¼ cup reserved liquid, spinach and garlic in the bowl of a food processor fitted with a metal blade. Pulse until finely chopped. Scrape down sides of bowl. Add lemon juice, tahini, salt and olive oil and blend until smooth and thoroughly mixed.

Place in a serving bowl. Drizzle with a tablespoon or so of olive oil and sprinkle with freshly chopped herbs, if desired.

Serve room temperature or chilled.

Note: Hummus can be made ahead and refrigerated, covered, for up to five days or frozen, in an airtight container, for up to one month. Add a little olive oil to moisten hummus if it is a little dry after refrigeration or freezing.