

Homemade Hummus

Makes 1 cup hummus

Serves 4

Courtesy of Wegmans Chef Llewellyn Correia, for demo July 10th, 2015

15oz can cooked chickpeas drained and rinsed
¼ cup tahini paste
1 clove garlic, chopped
2 tablespoons olive oil
Salt and ground cayenne to taste
1 tablespoon chopped flat-leaf parsley, to garnish

Combine the chickpeas, tahini paste, and garlic in a food processor, and add ¼ cup water. Puree the ingredients into a creamy consistency, adding the olive oil as you go, and season with salt and more olive oil to taste.

Spoon the finished hummus into a bowl. Drizzle some additional oil over the top, then sprinkle the parsley and cayenne on top to garnish. Serve.

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