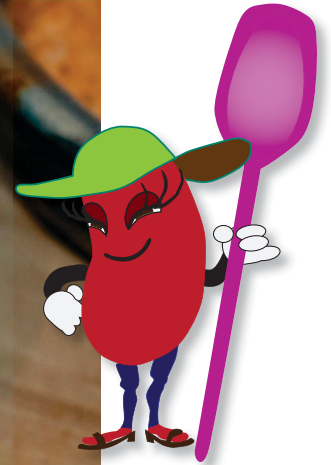


Beans, Rice And Everything Nice



Zucchini Hummus

original recipe by
beansriceeverythingnice.weebly.com

Ingredients

2 cups cooked or canned chickpeas,
drained and rinsed
1 cup peeled and chopped zucchini
(about 1 small or 1/2 a large zucchini)
juice of one lemon (about 1/3 cup)
1 clove of garlic, peeled and coarsely chopped
1 Tablespoon tahini (optional)
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon salt (optional)
1/2 cup packed parsley leaves and small stems,
coarsely chopped
1/3 cup water, as needed

1. Put the lemon juice, zucchini and garlic clove in the food processor and process until smooth. I do this step first to ensure that the garlic is thoroughly chopped up and evenly distributed throughout the hummus. The zucchini and the lemon juice keep the garlic down in the blades and not stuck to the sides of the food processor.
2. Add the chickpeas, salt, spices, tahini, and a splash of water to the pureed zucchini mixture. Process until smooth, about 3 - 5 minutes. You may add more water, up to 1/3 cup, if needed.
3. When hummus is smooth, add the parsley and pulse until chopped and evenly distributed throughout. Serve.