

Lemon and Roasted Garlic Hummus

1 1/2 cup dried garbanzo beans, cooked
or, two 15 oz. cans garbanzo beans
1/2 head of garlic, roasted
juice of 1 lemon, zest of half a lemon
3 tablespoons olive oil
3 tablespoons sesame tahini
1/2 cup reserved liquid from the garbanzo beans
1 teaspoon sea salt
Smoked Paprika for garnish
Fresh cut vegetables for dipping



If using dried garbanzos prepare the beans first. Dried beans must be soaked in filtered water for 6-8 hours before cooking. Start in the morning and soak the beans in a large bowl, fill the bowl with water until the beans are covered by approximately 3 inches of water.

Drain the beans after soaking and discard the water (or use it on a plant somewhere!) next, transfer the beans to a large pot or pressure cooker and cover with water. Bring the water to about 1 inch above the surface of the beans. Bring it to a boil and then reduce to a simmer stirring occasionally for about an hour or follow instructions for using a pressure cooker and seal the lid, bring the heat up and set the timer for 15 minutes.

While you are cooking the beans preheat the oven to 400 degrees. Take one whole head of garlic and coat it in olive oil. Place it in a hot oven and roast it about 20 minutes or until it is golden and soft to the touch. Remove from the oven and let cool.

Back to the beans. Transfer the cooked beans into the jar of a blender with a slotted spoon reserving the liquid they were cooked in (or for canned beans, add the beans and 1/2 cup of the liquid from the can or just drain them and add filtered water to the blender jar), squeeze half the cloves of garlic from one head out of its skin into the beans, add the lemon juice, olive oil, sesame tahini, and sea salt. Process in the ingredients with the blender starting on low speed progressing to high speed gradually. Add a little more liquid if needed to process until you reach the right smooth consistency.

Transfer the hummus to a serving bowl, drizzle a little olive oil over the top then sprinkle with smoked paprika. Chill before serving, serve with freshly cut vegetables and pita chips.

Freshly Baked Pita Chips

1 package pita bread*
1/4 cup olive oil
1 1/2 teaspoons garlic powder
1 1/2 teaspoons onion powder
1 teaspoon smoked paprika
1/2 teaspoon sea salt
1/2 teaspoon black ground pepper
vegan parmesan cheese (optional)

Preheat the oven to 400 degrees. Cut the pita into triangles then pull each piece apart making two pita chips from each triangle. Place in a large bowl and set aside.

In a small bowl combine the garlic powder, onion powder, smoked paprika, sea salt and pepper. Stir to combine.

Drizzle the olive oil over the pita bread and sprinkle all the seasonings to coat them, toss to coat evenly then transfer to a baking sheet. Bake for 8-10 minutes then remove from the oven to stir the chips and flip them over. Return to the oven for an additional 6-8 minutes or until lightly golden brown then remove from the oven and transfer to a wire rack to cool.

*Read the label and check ingredients before buying pita bread, some may contain dairy and whole wheat pita often contains honey. Honey is not considered vegan because it is the product of an insect, honey is actually bee vomit!

