

# Basic Chickpea Dip (Yields 3 Cups)

## Hummus

### Ingredients:

1. 2 (15 oz) cans chickpeas, drained, reserving liquid
2. 3-4 tablespoons tahini (more or less, to taste)
3. 5-6 cloves garlic, finely minced
4. 4-5 tablespoons lemon juice
5. 1/3 cup extra virgin olive oil
6. Salt and pepper, to taste

### Instructions:

1. Combine all ingredients except reserved liquid in a blender or food processor.
2. Slowly add reserved liquid and blend until smooth consistency, scraping sides often.
3. Place in a medium bowl and garnish with parsley, whole chickpeas, or paprika.
4. Cover with a thin layer of olive oil.
5. Serve with fresh raw vegetables, pita bread, pita chips, tortilla chips or any type of bread cut in cubes.