

Hummus with Carrot and Pepper Dippers



bell
well
ILLINOIS

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Ingredients:

- 1 (15-ounces) can of chickpeas
- 2 chopped garlic cloves
- 1 1/2 tablespoons olive oil
- 3 tablespoons fresh lemon juice
- 1/4 cup tahini
- 1/2 tablespoon ground cumin
- 1/2 tablespoon paprika
- Pinch of salt
- 1 bag of baby carrots
- 1/2 sliced red bell pepper

Directions:

1. Drain and rinse the can of chickpeas.
2. Next, peel two bulbs of garlic. Then, place garlic bulbs on a chopping board. Using a chef's knife, place the blade flat on the bulb and smash the bulb using your palm.
3. Chop the garlic bulbs up into small pieces.
4. Next, place chickpeas, garlic, olive oil, tahini, cumin, paprika, a squeeze of fresh lemon and a pinch of salt into a food processor.
5. Puree ingredients, adding water as needed to achieve a smooth texture.
6. Once you've reached the consistency you're happy with, transfer hummus from food processor to a bowl.
7. + Optional: Garnish hummus with 1 Tbsp of olive oil, sprinkle of cumin or paprika to taste.

Dippers steps

1. Using a sharp knife, carefully slice bell pepper, removing stem and seeds.
2. Place on side of hummus bowl and enjoy!