

Hummos with Sauteed Chickpeas and Zhoug

By Bonnie Stern

Makes 1 1/2 cups (375 mL)

My Israeli friend Hanoch Drori once described a hummos like this, and it sounded so good that I came up with this recipe. It is garnished with whole chickpeas and spicy zhoug (similar to a cilantro pesto), though you can omit the garnish if you prefer a classic hummos. Serve with whole wheat pita or pita chips.

Ingredients:

1 19-oz (540 mL) can chickpeas, rinsed and drained,
or 2 cups (500 mL) cooked chickpeas
3 cloves garlic, coarsely chopped
1/4 cup (50 mL) lemon juice
2 tbsp (25 mL) tahina
1/2 tsp (2 mL) ground cumin
1/2 tsp (2 mL) salt
1/3 cup (75 mL) water, approx.
1/4 tsp (1 mL) hot red pepper sauce, optional

Sauteed Chickpeas:

1 tsp (5 mL) olive oil
2 cloves garlic, finely chopped
1/4 cup (50 mL) cooked chickpeas from above
1/4 tsp (1 mL) ground cumin
1/4 tsp (1 mL) salt

Zhoug:

1 clove garlic, coarsely chopped
1/2 jalapeno, seeded and coarsely chopped
1/2 cup (125 mL) packed fresh cilantro
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) ground cardamom
1/4 tsp (1 mL) ground cumin
2 tbsp (25 mL) olive oil

Method:

Reserve about 1/4 cup (50 mL) chickpeas for garnish. In a food processor, combine remaining chickpeas, garlic, lemon juice, tahina, cumin and salt. Puree. Add water until mixture is creamy and smooth but still thick enough to spread. Season with hot pepper sauce. Taste and adjust seasonings.

To prepare sauteed chickpeas, heat oil in a small skillet on medium heat. Add garlic, chickpeas, cumin and salt. Cook for 2 minutes. To prepare zhoug, in a food processor, chop garlic and jalapeno. Add cilantro and puree. Add salt, cardamon and cumin. Blend in oil. Add a little water if mixture is too thick to drizzle.

Spread hummos on a serving plate. Spoon sauteed chickpeas on centre of hummos. Drizzle zhoug to taste around chickpeas.

Per tbsp (15 mL):

CALORIES	28
PROTEIN	1 G
FAT	1 G
SATURATES	TRACE
CHOLESTEROL	0 MG
CARBOHYDRATE	3 G
FIBRE	1 G
SODIUM	69 MG
POTASSIUM	38 MG

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