

Easy Hummus



Ingredients

- 1 (about 15-ounce) can chickpeas (do not drain)
- 2 tablespoons freshly squeezed lemon juice
- 1/4 cup extra-virgin olive oil, plus more for serving
- 3 tablespoons well-stirred tahini
- 1 clove garlic
- 1/4 teaspoon kosher salt, plus more as needed
- Garnish options: Paprika or chopped fresh parsley leaves
- Serving options: Warm pita wedges, pita chips, or crudités

Instructions

- Drain 1 (about 15-ounce) can chickpeas into a strainer set over a bowl, reserving the liquid from the can.
- Place the chickpeas, 2 tablespoons of the reserved chickpea liquid, 2 tablespoons lemon juice, 1/4 cup extra-virgin olive oil, 3 tablespoons tahini, 1 garlic clove, and 1/4 teaspoon kosher salt in the bowl of the food processor fitted with the blade attachment or a blender.
- Blend or process continuously, scraping down the sides of the bowl as needed to integrate any large chunks, until very smooth, about 5 minutes total. If the hummus is thicker than you'd prefer, blend in more chickpea liquid 1 tablespoon at a time as needed to reach desired texture and creaminess. Taste and season with more kosher salt and lemon juice as needed.
- Scrape the hummus into a bowl, then drizzle lightly with olive oil, if desired. Garnish with paprika or chopped fresh parsley leaves if desired. Serve with warm pita wedges, pita chips, or raw vegetables.

MAKES 8 SERVINGS. NUTRITION PER SERVING: CALORIES: 200 | CARBOHYDRATES: 20G | PROTEIN: 6G | FAT: 12G | FIBER: 5G

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