

Humus

1 can Garbanzo beans (chick-peas), drained (reserve liquid)

3 tablespoons tahini (sesame seed paste)

1-2 lemons, juiced

1 clove garlic, pressed

Process beans in blender to desired texture (smooth or coarse). Mix all together in bowl. Salt to taste. Add bean juice if too thick.

Serve with pita bread, tomatoes, lettuce, green onion, parsley and olive on top (optional)

Dip with toasted pita bread triangles.