Taste Washington Day

October 7, 2020

Chickpeas

LOCAL ★ FRESH ★ DELICIOUS

Roasted Red Pepper Hummus

Ingredients:

1 – 15 ounce can of chickpeas (also called garbanzo beans)
1 Tablespoon minced garlic
1 teaspoon red Tabasco sauce
2.5 Tablespoons lemon juice
2.5 Tablespoons canola oil
Pinch of salt
½ teaspoon ground cumin
1 Tablespoon roasted red sweet peppers, chopped
¼ teaspoon ground cilantro or ½ Tablespoon fresh cilantro, finely chopped

Directions:

- Combine all ingredients in a food processor.
- Blend to desired consistency.
- Hold for cold service at 41° or below.
- Serve with sliced vegetables and/or pita chips.

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