Taste Washington Day

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.