

Lentil Tahini Hummus

Adapted from a Food & Wine recipe



Servings: 7

NOTE: If you can find green lentils, good - use them. The finished hummus will have a more greenish tint rather than brown, which isn't quite as appetizing.

1. In a medium saucepan, combine the chicken stock, lentils and bay leaf. Bring to a boil, then cover and simmer over low heat, stirring occasionally, until the lentils are tender, about 30+ minutes. If using green lentils, they take a bit longer to cook, up to 45 minutes. Uncover and boil the lentils over high heat until most of the liquid has evaporated, about 2 minutes. Discard the bay leaf and let the lentils cool slightly.

2. Transfer the cooked lentils to a food processor. Add the chopped garlic, tahini, olive oil, ground cumin, cayenne, salt, cilantro and lemon juice and puree until smooth. Scrape the hummus into a bowl. Garnish the hummus with paprika and some extra cilantro. Serve the lentil hummus warm or at room temperature with pita chips and vegetable crudité's.

- 1 1/2 cups low-sodium chicken broth
 - 1/2 cup lentils, about 6 ounces * (see note)
 - 1/2 bay leaf
 - 1 1/2 garlic cloves, coarsely chopped
 - 2 tablespoons tahini
 - 3 tablespoons extra-virgin olive oil
 - 1 1/2 tablespoons fresh lemon juice
 - 1/4 teaspoon ground cumin
 - 3 tablespoons chopped cilantro
 - 1/4 teaspoon Salt, or more if needed
 - 1/8 teaspoon cayenne pepper
 - Sweet paprika for sprinkling on top
 - Pita chips, sliced fennel and red bell pepper strips, for serving
- Yield: 1 1/2 cups**

Per Serving (excluding unknown items): 132 Calories; 9g Fat (54.2% calories from fat); 7g Protein; 10g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 92mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Carolyn T's Blog: tastingspoons.com