

Simple No-Tahini Hummus

MAKES ABOUT 2 CUPS

- 1 15-ounce can chickpeas (2 cups cooked), drained and rinsed
 - 2 garlic cloves, chopped
 - zest of 1 lemon
 - 2–3 tablespoons fresh lemon juice
 - 4 tablespoons vegetable stock or water
 - 1 teaspoon low-sodium tamari or Bragg Liquid Aminos (optional)
1. Combine chickpeas, garlic, lemon zest, lemon juice, and stock in a food processor and process until smooth. Add more stock if too thick.
 2. Taste and add as little tamari as possible. (With 3 tablespoons of lemon juice, you probably won't need extra seasoning.)

Note: This is wonderful as a sandwich spread, as a dip for raw vegetables or crackers, as a salad dressing, mixed with vinegar, or with vegetables like Brussels sprouts, broccoli, cauliflower, and asparagus.

VARIATION:

Add 1 cup loosely packed cilantro or parsley; use cannellini beans instead of chickpeas.

Everything Hummus

MAKES ABOUT 3 CUPS

- 1 15-ounce can chickpeas, drained and rinsed
- juice and zest of 1 lemon
- 3 tablespoons chickpea liquid, vegetable stock, or water

- 3 baby carrots
- 2 heaping tablespoons chopped red bell pepper
- 2 heaping tablespoons chopped onion
- 1 teaspoon seeded and chopped jalapeño pepper
- 2 tablespoons chopped celery
- 3 tablespoons chopped peeled cucumber
- 1 teaspoon Bragg Liquid Aminos or low-sodium tamari
- 2 tablespoons cilantro or parsley leaves

Combine all ingredients in a food processor and process until smooth. Perfect on sandwiches, as a dip, or as a salad dressing with added balsamic or regular vinegar. It is even good by the fingerful!

Lori's Hummus

MAKES ABOUT 3 CUPS

Lori Perry, whose husband, Al, is a patient, sent us this recipe.

- 2 19-ounce cans chickpeas, drained and rinsed
- 1 12-ounce jar roasted peppers, including liquid
- 1 teaspoon ready-to-use chopped garlic, or 2 garlic cloves, chopped
- 1–3 teaspoons lemon juice
- 1 teaspoon ground cumin

Combine all ingredients in a food processor and process until smooth. Add a little water if the consistency is too thick.

Note: If you find it needs salt, you can add a bit of Bragg Liquid Aminos or low-sodium tamari, but first try using more lemon, which may solve the problem all by itself.