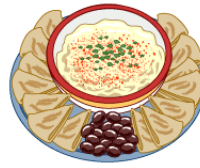


Hummus

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This spread is from the Middle East. Try it with pita bread strips, or with fresh carrots, peppers and cucumbers. It's great on a sandwich, too!



WHAT YOU DO:

1. Check with a grownup and wash your hands before you begin.
2. Put all the ingredients in a blender (except the water and paprika.)
3. Use the puree setting on the blender to mix everything until it is smooth and creamy. If it's too thick, turn off the blender, and drizzle in a little water (up to 1/2 cup) and puree again until it's the right texture for dipping.
4. Turn off the blender and wait until it has completely stopped. Use a spatula to scrape all the hummus into a shallow bowl.
5. Drizzle a little bit of olive oil over the top, and sprinkle it with paprika.
6. Clean up the kitchen before you dig into your yummy hummus dip — or as I call it, yummus!

WHAT YOU NEED:

INGREDIENTS:

3 cups canned chickpeas (1 28 oz. can), drained and rinsed

2 large cloves of garlic, peeled and crushed

1/2 teaspoon salt

1/4 teaspoon pepper

2 teaspoons ground cumin

1/4 cup lemon juice

1/4 cup extra-virgin olive oil

1/2 cup water

Pinch of chili pepper (optional)

1 teaspoon paprika

UTENSILS:

Blender

Spatula

Shallow bowl

Written by: http://pbskids.org/buster/recipes/ny_brooklyn_rec.html