

**Betty #43: Hummmmus**

*Words cannot describe the joy that is Hummus.*

**Ingredients for Hummmmus:**

1/2 med red bell pepper sliced  
1 Serrano chili pepper, seeded and halved  
1 green onion  
3-5 small cloves garlic, peeled  
salt  
black pepper  
1 tsp parsley

15 oz. can garbonzo beans (drained, liquid reserved)  
2-3 tablespoons tahini (sesame seed paste)  
juice from 1/2 small lemon (about 2 tsp.)  
1/2 teaspoon cumin  
2-3 tablespoons extra virgin olive oil

**Garnish:**

Paprika or Cayenne pepper  
chopped fresh parsley  
extra virgin olive oil  
pine nuts

**Pita Chips:**

3-4 Middle Eastern Pita Bread  
sea salt  
spray Canola/Olive oil

**Directions:**

1. **Prepare Pita Chips:** Using a pizza cutter, slice pita bread like a pie. Use your thumbs to open each piece to make a chip.
2. Place pita pieces on a baking sheet, spray with oil, sprinkle with salt. Bake in a preheated 400(F) oven for 8-10 minutes. Until golden and crisp. Three to four pitas will yield 2-3 cups of cooked chips.
3. **Prepare Vegetables:** Roughly chop vegetables. In a hot, very lightly oiled (almost



dry) skillet sear red bell pepper, green onion, Serrano pepper and garlic. Season with salt, pepper and parsley. Cook about 5 minutes, just until skins begin to darken.

4. **Blend!** In a blender, combine seared vegetables, lemon juice, garbonzo beans, tahini, cumin and olive oil. Blend until smooth. Add a few tablespoons reserved garbonzo bean liquid if needed for blending.
5. **Chill:** Pour into a bowl, cover and chill until cooled through, at least 1 hour. You can also eat it warm, for a different, yummy treat. Flavors intensify with time.
6. **Garnish:** Form a well in center of hummus. Garnish with paprika, parsley, olive oil and pine nuts. (Try Cayenne pepper for some added heat instead of the Paprika.)
7. **Serve:** with pita chips and fresh vegetables.