



HUMMUS

Contributed by Rosie and Rick

This is a really tasty dip and very quick in the food processor. I usually make a double batch. If you're in a hurry, then bottled lemon juice like *ReaLemon* and garlic from a jar works fine!

1 cup cooked chick peas (we use canned)
1/2 cup tahini (sesame paste)
2 garlic cloves, peeled and finely chopped
1/4 cup water
1/4 cup lemon juice
3/4 tsp ground cumin
3/4 tsp salt

Combine all ingredients in food processor or blender and puree until smooth. Taste for seasoning. Serve in a flat dish sprinkled with parsley. Makes 1 1/2 cups.



BABA GANOUSH

Contributed by Rosie

1 large eggplant
1/2 cup tahini
2 cloves garlic finely chopped
1/4 cup lemon juice
2 tsp. Chopped onion
salt to taste

Slice eggplant in thick lengthwise slices. Sprinkle with salt. Drain on paper towels for 30 mins. Place drained eggplant slices on baking sheet and grill/broil 15-20 mins, until tender. Remove skins and combine in blender or food processor with remaining ingredients. Puree until smooth. Serve in flat dish garnished with parsley and accompanied by warm pita bread.

I have also prepared the eggplant by poking a few holes in it with a skewer and microwaving for about 8 or 9 minutes. Cut in half when done and scrape out cooked eggplant.

