

Hummus Cilantro

from Morgan Ostler

Be prepared! When you serve Hummus & Cilantro make sure you have a big bowl of rice crackers ready as your guests will have difficulty curbing the “munchies”.

- 28 oz Garbanzo beans (chick peas) fresh cooked or canned, partially drain
- 3 Cloves of garlic
- 3 oz Lemon juice
- 3 Tbsp Miso (optional)
- ½ Cup olive oil
- 1½ Tbsp sesame oil
- 1 Tbsp Hot Thai or Mex Red Sauce or Thai Red Curry or...
- ½ tsp of cayenne
- 1 tsp Cumin
- 1 tsp sea salt
- 1 Cup organic cilantro, chopped and loosely packed in cup

Coarsely chop the garlic in a food processor. Add chick peas, drained, plus everything else except the cilantro. Blend until smooth. Taste it and adjust seasonings. If too dry, add more oil. Remove to serving bowl and stir in chopped cilantro. Decorate with a sprig of cilantro and a few slivers of Greek olives. Drizzle a little olive oil on top and serve...with joy.