MASHED HUMMUS

Makes 1 ½ cups

Ingredients:

- One 15 oz can chickpeas, drained
- 4 crushed garlic cloves
- ½ tsp. salt
- 2 Tb lemon juice
- 2 Tb tahini (sesame seed paste) or olive oil

Whole wheat chips or sliced cucumber can be used for dipping.

Procedure:

- Mix all of the ingredients into a bowl and stir without trying to mash the chickpeas.

- Make sure that all of the ingredients are mix as much as possible.

- Once the ingredients are all mixed, take baggies and portion out the mixture. Try incorporating all ingredients into all baggies, especially the garlic. You can also do this with only one baggy if doing it by yourself.

- You now have the job of mashing all of the ingredients with your hands.
    - (While the ingredients are still in the baggy)

- When the ingredients have been mashed to a creamy consistency, have the participants squeeze out the hummus onto a plate.

- Enjoy with wheat chips, sliced cucumber, carrots or anything else that could work for dipping.

Source: Adapted from www.cookinglight.com.