Hummus (chick pea dip)

2 cups

3 garlic cloves
1/4 tsp. salt
2 cups chick peas (garbanzo beans), drained and rinsed
3 T. tahini (sesame seed paste)
1/2 tsp. ground cumin
3 T. fresh lemon juice
1/4 cup water
2 T. extra virgin olive oil
1/4 cup fresh parsley leaves, coarsely chopped

On a cutting board, mince and mash the garlic. In a food processor (or blender) place the garlic, salt, chick peas, tahini, cumin, lemon juice and water; process until smooth, about one minute. If too thick, add more water as needed to get desired consistency. Taste and add more lemon juice, salt or cumin as desired.

Divide the hummus between shallow serving dishes and smooth the top; drizzle with the olive oil and the parsley. Serve the hummus with pita wedges or fresh vegetables.

Nutrition information, per 2 T.: 70 calories, 3.5 g fat, 0 saturated fat, 0 cholesterol, 125 mg sodium, 8 g total carbohydrate, 1 g dietary fiber, 2 g protein.