

THE  
**TEACHING**  
**KITCHEN**

AT LENOX HILL NEIGHBORHOOD HOUSE

## RealArts Culinary Workshops



Culinary workshops featuring fun nutrition facts, tips and recipes.

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## Hummus with a Rainbow of Vegetables

Makes approximately 2 cups hummus

- 1 can chickpeas (15.5 ounces) rinsed
- 1-3 cloves garlic, minced
- 1/2 cup water (use water drained from chickpeas)
- 2 tablespoons olive oil
- juice of 1/2 a lemon
- 1/2 teaspoon salt
- 1/2 teaspoon cumin (optional)
- 2 tablespoons chopped cilantro or parsley (optional)

1. Drain the canned chickpeas and reserve liquid in a separate bowl. Rinse the chickpeas in a strainer.
2. Either use a blender or mash the chickpeas with a potato masher (or fork) until you get your desired consistency.
3. In a blender, mix garlic and water.
4. Add mixture to chickpeas. Add lemon, olive oil and spices. Mash and mix some more.

Top with fresh cilantro or parsley, additional olive oil and red pepper flakes (optional)

Serve with a variety of colorful, crisp vegetables like cucumber discs, carrot coins, zucchini sticks, celery sticks, radishes, string beans, pear tomatoes, broccoli or cauliflower crowns.