

Happy Monday!
Doesn't get any easier than this!
Sheila

Super-fast easy hummus

If you don't use a microwave, just cook on the stove top.

Ingredients

one 15-ounce can chickpeas (NOT drained)**
2-4 cloves garlic (depending on how garlicky you prefer it)
1/2 cup tahini (you can use less, if trying to reduce fat, like about 1/4 cup)
2 Tbsp lemon juice, fresh if possible
3/4-1 tsp sea salt (depending on how salty you prefer it)
1-2 Tbsp extra virgin olive oil

Instructions

Microwave undrained chickpeas and whole garlic cloves in a mixing bowl for 4-5 minutes.
Add to blender or food processor and process with lemon juice, salt and tahini. Stream in olive oil while mixing.
Process until smooth and creamy, scraping down sides as needed. Taste and adjust seasonings as you prefer. I found 3/4 tsp of salt to be the perfect amount
Garnish with a little more olive oil and paprika, and serve with veggies, crackers and pita. Leftovers keep in the refrigerator for up to 1 week or more. It tastes even better refrigerated, as it has time to thicken up and develop in flavor.

Variation: I like to add half a cup of cooked frozen peas, some curry powder and chopped cilantro

** I use half a cup of dried chickpeas and cook them. Then I put the all the cooked chickpeas and some of the liquid into a measuring cup up to the 15 oz mark