

Roasted Garlic Hummus



Ingredients:

- 2 cups chickpeas
- pinch of baking soda
- 1 head of roasted garlic
- ¼ cup fresh lemon juice
- ⅓ cup Tahini
- 2 tbsp olive oil
- 1/8 tsp Asafetida powder (optional but adds nice flavor)
- salt and pepper to taste

Method, Roast Garlic:

1. Preheat oven to 375 degrees
2. Cut off the short end of a head of garlic so you can squeeze the cloves out easily after roasted
3. Wrap the whole head of garlic in tin foil and roast on a cookie sheet for 45 minutes - 1 hour

Method Chickpeas & Make Hummus:

1. Cover chickpeas with water and soak overnight with a pinch of baking soda (makes chickpeas softer)
2. Drain and rinse thoroughly
3. Bring a large pot of water to a boil and cook chickpeas until tender, about 2 hours
4. Put chickpeas in a food processor
5. Squeeze 3-4 roasted garlic cloves into the food processor
6. Add lemon juice, Tahini, olive oil, asafetida powder, salt and pepper and purée to a smooth consistency. Add a little more olive oil if necessary