

Hummus Bil Tahini

Garbanzo Bean and Tahini Dip

This dip is very common throughout the Middle East. Here in Kuwait it is usually eaten with pita bread.

- 1 16 oz. can garbanzo beans**
- 1/3 cup sesame tahini**
- 1/2 cup fresh lemon juice**
- 4 cloves garlic, finely minced**
- water, to fix the consistency**
- salt, to taste**
- 1 tablespoon olive oil**

Optional items for garnish:

- black olive, chopped**
- onion, chopped**
- fresh parsley, chopped**
- red bell pepper, chopped**

Rinse the garbanzo beans thoroughly. Put them into a food processor or blender with the sesame tahini, lemon juice, and garlic. Blend until smooth, adding a little water (1- 2 Tablespoons or so) to make the consistency smooth and creamy. Add salt and possibly more lemon juice, garlic, or sesame tahini to taste. Spoon into a wide, shallow bowl or deep plate, leaving a hollow in the center. Pour the olive oil into the hollow.

This can be garnished with a tablespoon of whole garbanzo beans, a little paprika, sprigs of mint or parsley, etc. You could also make a Kuwaiti flag on the top using chopped black olives, onion, parsley and red bell pepper. It is eaten by dipping triangles of pita bread (I cut about 6 out of round pita) into the dip.

Note: I usually leave out the olive oil on the top or add it in when I blend the dip. I don't care for the oil just sitting there on top, but that is the way it is traditionally served.

Nutrition: 1435 calories

<i>Saturated fat</i>	<i>9 g</i>	<i>Cholesterol</i>	<i>0 mg</i>	<i>Sodium</i>	<i>1494 mg</i>
<i>Total Fat</i>	<i>67 g (42% of calories)</i>	<i>Fiber</i>	<i>14 g</i>	<i>Iron</i>	<i>18 mg</i>
<i>Protein</i>	<i>55 g (15% of calories)</i>	<i>Vitamin A</i>	<i>197 IU</i>	<i>Vitamin C</i>	<i>66 mg</i>
<i>Carbohydrates</i>	<i>152 g (42% of calories)</i>	<i>Alcohol</i>	<i>0 g</i>		

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