

Chickpea Hommus

& Lebanese crisps

Hommus is one of those foods that can literally be eaten for breakfast, lunch or dinner, paired with Lebanese bread, veggie sticks or thinned and drizzled on cooked veggies or salads. I make my hommus differently every time, it's very personal. Sometimes I add olive oil to thin, other times lemon juice. Experiment. The crisps are a fabulous alternative to Jatz or other store bought crackers. Make as many as you want in a batch and store in an airtight container for weeks.

Hommus ingredients

1 medium cloves garlic
2 cups cooked* or 2 cans chickpeas, white beans or OR mixed green peas & edamame
¾ cup lemon/ lime juice
¾ cup tahini (Alkanater brand is delicious and quite runny - when using other brand, use ½ cup tahini and ¼ cup olive oil)
1 - 2 teaspoons Murray River sea salt flakes (only use ½ teaspoon table salt or ¼ teaspoon fine salt) This recipe NEEDS salt, so please use it unless you have high blood pressure.
water, oil or more lemon juice to thin if desired.

Method

1. If using greens, steam or boil, drain and cool well. If using canned beans, rinse and drain well.
2. In your food processor, or Thermomix, combine all ingredients and process until super smooth.
4. Scrape down the sides to ensure any chunky bits are processed.
5. Thin as desired with lemon juice, olive oil or water.
6. Season to taste with salt and serve with veggie sticks &/ or Lebanese crisps.

Lebanese crackers ingredients

4 wholemeal Lebanese flat breads, or gluten free flat bread
Optional: 30ml olive oil, 1/2 teaspoon salt and 1/2 teaspoon cumin.

Method

1. Preheat oven to 180 Celsius.
2. If you want to season the crisps, do so before cutting. Just brush with a tiny bit of olive oil mixed with spices and/ or salt.
3. Cut the Lebanese bread into 2 x 2cm squares and place on a large baking tray. Or bake whole and break into pieces once cooked.
4. Bake for 5 minutes or until golden. Turn over, swap breads between oven racks and cook another 5 minutes. Check regularly.
5. Once crisp and golden, transfer to a cooling rack and cool completely before transferring to an airtight container.

Handy chickpea conversions

2 cups cooked chickpeas = 1 cup dry chickpeas soaked overnight and simmered for 40 minutes.
The flavour of the dried chickpeas is far superior to the tinned. Try it once and you will NEVER look back.

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