

Avocado Hummus

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Category: Hors d'Oeuvres
Servings: 15-20
Preparation Time: 15 min

A note before you start:

The combination of avocado and chickpeas seemed unlikely to me, but it's actually outstanding and healthy! I spread it on toast in the morning. The recipe calls for 1 cup of fresh cilantro. We all know that people have a love-hate feeling when it comes to this fresh herb, so if your crowd feels like it "tastes like soap" then feel free to substitute fresh parsley (loosely packed).

Ingredients:

- 1 15oz can of no-salt-added chickpeas**
- 1 ripe avocado**
- 1 cup of loosely packed cilantro leaves (or fresh parsley)**
- 1/4 cup of tahini**
- 1/4 cup of extra virgin olive oil**
- Zest of one medium lemon**
- 1/4 cup of fresh lemon juice**
- 1 clove of garlic**
- 1 tsp of ground cumin (optional)**
- 1/2 tsp of salt**

Step 1: Before draining the chickpeas, reserve 2 Tbsp of the liquid and set aside. Drain the chickpeas and rinse.

Step 2: Add the drained chickpeas, avocado (peeled and pitted), cilantro, tahini, olive oil, lemon zest and juice, garlic, cumin and salt to a food processor. Puree until smooth. If it's too thick, add the reserved chickpea liquid. Serve with fresh veggies and/or pita chips!

Buon Appetito!