

Black Bean Dip

1 Can (15oz.) black beans, rinsed and drained
2 cloves garlic
1 tsp. oregano
1 tsp. ground cumin
¼ cup fresh cilantro

Add all the ingredients to a food processor or blender and pulse until smooth.

Makes

1 ¼ cups.

Hummus

2 cloves garlic, peeled
1 15-ounce can chickpeas
Water, as needed
¼ cup tahini
Juice of a lemon
1 teaspoon cumin
½ teaspoon cayenne
Salt and pepper

1 scallion, thinly sliced for garnish

Combine all ingredients in a blender and process until smooth. Serve with wedges of warm pita.

Turbo Hummus

Recipe courtesy Alton Brown

2 to 3 cloves garlic
1 can garbanzo beans (chickpeas), drained and liquid reserved
2 to 3 tablespoons smooth peanut butter
A handful fresh parsley leaves
1 lemon, zested and juiced
Pinch freshly ground black pepper
Pinch kosher salt
1/3 cup extra-virgin olive oil

Chop the garlic finely in a food processor. Add the beans and 1/2 of the reserved liquid and process finely or to desired consistency. Add the peanut butter, parsley, lemon zest and juice, black pepper, and salt. Process until it forms a paste. Drizzle in the olive oil and process until it reaches the consistency of mayonnaise.