



Jalapeno Cilantro Hummus

Ingredients

- ¼ cup fresh cilantro
- 1 jalapeno pepper, seeds and ribs removed to taste
- 1 clove garlic
- 1 Tablespoon lemon juice
- ¼ cup water or vegetable stock
- ¼ cup tahini
- 1 Tablespoon olive oil
- 1 14-oz. can chickpeas, rinsed and drained
- Salt and Ground Black Pepper to taste

Directions

1. Add all ingredients to a food processor or blender and blend until smooth. Best served chilled.

Chef Tip: Use this hummus in a wrap, as a dip with veggies or in a layered salad.