

HUMMUS & TORTILLA CHIPS

2 - 16 ounce cans of chickpeas, drained, liquid reserved

3/4 C sesame tahini

1/3 C extra virgin olive oil

2- 4 cloves of garlic (add these a little at a time until you have the garlicky-ness you desire)

1/2 T ground cumin

1/2 T paprika

salt and freshly ground black pepper (to taste)

juice of two lemons (you will probably want to have more on hand just in case) (to taste)

Add all of the ingredients (through paprika) to a food processor and about half of the reserved chickpea liquid and begin to process. Pulse until really smooth (add reserved liquid as needed). Add salt and pepper, and lemon juice to taste. I found that I really like a lot of lemon in my hummus

Tortilla Chips

Fat free flour tortillas (any size)

Preheat the oven to 350 F (I just used my toaster oven).

Cut the tortillas into triangles and spread them out on a cookie sheet (try not to overlap too many of them). Bake at 350 for about 5 minutes and then flip them over and do another 5 minutes. They should be fairly crunchy and a little brown around the edges. If 5 minutes per side does not cut it do it a little longer.

Recipe brought to you by: Lolly of LollyChops.com 12/14/08

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