

Joy of Living Cooking School

May 2022 – Dips & Spreads

Creamy Hummus (16 Servings)

- 1 pound Dried Chickpeas (Garbanzos)
- 2 teaspoons Baking Soda, divided
- 1 small onion, halved
- 1 celery stalk
- 1 small carrot
- 2 cloves Garlic, whole
- 2 Bay Leaves
- 1 teaspoon Cumin, ground
- 1 ½ cups Tahini Sauce (recipe below)



Nutrition Facts	
Servings: 16	
Amount per serving	
Calories	228
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.7g	8%
Cholesterol 0mg	0%
Sodium 193mg	8%
Total Carbohydrate 23.6g	9%
Dietary Fiber 7g	25%
Total Sugars 3.7g	
Protein 9.1g	
Vitamin D 0mcg	0%
Calcium 123mg	9%
Iron 4mg	21%
Potassium 379mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Rinse and sort the chickpeas to remove any dust and debris. Transfer to a large bowl. Add 1 teaspoon baking soda and 6 cups of water. Cover and let soak at room temperature overnight. Drain and rinse thoroughly.

In a large pot combine the soaked chickpeas, 1 teaspoon baking soda, onion, celery, carrot, garlic cloves, and bay leaves. Add 6 cups of water and bring to a boil over high heat. Reduce heat to medium and simmer with a lid slightly ajar to allow steam to escape. Simmer for two hours until the beans are very soft (nearly falling apart). Check on the chickpeas regularly that the beans are completely submerged, Add fresh water as needed to just barely cover the chickpeas.

Discard the onion, celery, and bay leaves. Reserve 2 cups of the cooking liquid. Transfer the hot chickpeas, garlic, and carrot to a blender. Remove the stopper on the lid and cover the opening with a dish towel. Pulse the mixture until the ingredients are broken up then switch the blender to high. Add the cooking liquid 1/4 cup at a time as needed until the hummus is very smooth. Transfer to a bowl and gently mix in the tahini sauce.

Garnish with fresh herbs and spices. Serve at room temperature.

Tahini Sauce (16 servings)

- 20 cloves of garlic (about 1 head), separated and unpeeled
- 2/3 cup Fresh Lemon Juice (3-4 lemons)
- 1 /2 teaspoon Cumin, ground
- 1 1/4 cups Tahini Paste
- Ice water

Combine the garlic and lemon juice in a blender. Pulse 15-18 times until a paste forms. Transfer to a fine mesh strainer set over a large bowl. Use a spoon or rubber spatula to press out as much liquid as possible. Discard the spent garlic pieces.

Add the cumin and tahini paste and mix thoroughly with a wire whisk. Add iced water as needed to thin the sauce to your desired consistency. It should be smooth and easy to spoon .

Refrigerate for up to 2 weeks.

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Green Olive Tapenade (4 servings)

1 cup Green Olives
1/4 cup pine nuts
1/4 cup Basil Leaves, fresh
1/4 cup Parsley, fresh
2 tablespoons Capers, drained
1/2 clove Garlic
Zest from 1/2 Lemon
1/2 teaspoon Kosher Salt
1/4 cup Extra Virgin Olive Oil
Flake salt and herbs for garnish



Add the olives, pine nuts, basil, parsley, capers, and lemon zest to the bowl of a food processor. Pulse until coarsely chopped. Add salt and olive oil and process until smooth.

Adjust seasoning and serve immediately.

Can be refrigerated in an airtight container up to one week. Allow to come to room temperature before serving.

Nutrition Facts	
Servings: 4	
Amount per serving	
Calories	244
% Daily Value*	
Total Fat 24.5g	31%
Saturated Fat 2.2g	11%
Cholesterol 0mg	0%
Sodium 871mg	38%
Total Carbohydrate 4.9g	2%
Dietary Fiber 0.7g	2%
Total Sugars 0.4g	
Protein 1.5g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 1mg	5%
Potassium 82mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

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