

Chickpea hummus

Serves 6 @ 1/4 cup serving = 2 points, 3 pointsplus

Ingredients

2/3 cup dried chickpeas (garbanzos), picked over and rinsed, soaked overnight, and drained

3 cups water

2 cloves garlic

1 bay leaf

3/4 teaspoon salt

1 tablespoon olive oil

3/4 cup plus 2 tablespoons sliced green (spring) onion

2 tablespoons sherry vinegar

3 tablespoons chopped fresh cilantro (fresh coriander)

1 teaspoon ground cumin

Directions

In a large saucepan over high heat, combine the chickpeas, water, garlic cloves, bay leaf and 1/2 teaspoon of the salt. Bring to a boil. Reduce the heat to low, cover partially and simmer until the beans are very tender, 50 to 60 minutes. Drain and discard the bay leaf, reserving the garlic and 1/2 cup of the cooking liquid.

In a blender or food processor, combine the chickpeas, cooked garlic, olive oil, the 3/4 cup green onion, vinegar, cilantro, cumin and the remaining 1/4 teaspoon salt. Process to puree. Add the reserved cooking liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread.

In a small serving bowl, stir together the chickpea mixture and the remaining 2 tablespoons green onion. Serve immediately, or cover and refrigerate until ready to serve. Makes about 1 1/2 cups.