

GINGER GARLIC HUMMUS

Yield: about 2-1/2 cups

Ingredients	Amounts
Garlic, chopped	2 tsp.
Ginger, fresh, peeled and finely chopped	1 Tbsp.
Garbanzo beans, drained and rinsed (from two 15-ounce cans)	2 cups
Cashew or peanut butter	1/4 cup
Soy sauce	1 Tbsp.
Asian chili sauce, such as Sriracha* (or to taste)	1 tsp.
Cumin, ground	1/4 tsp.
Chicken or vegetable stock or water	1/3 cup
Lemon juice, fresh (or to taste)	1/4 cup
Fresh cilantro, chopped	1/4 cup
Green onion, chopped	1

Method

1. Add garlic, ginger, beans, cashew butter, soy sauce, chili sauce, and cumin to a food processor and pulse to chop.
2. Add the stock and lemon juice and process till nearly smooth but still with a little texture.
3. Add cilantro and green onion and pulse a couple of times to just combine.
4. Store covered and refrigerated up to a week.

Note: *Available in the Asian foods section of many supermarkets and at Asian markets.

Recipe credit: John Ash, as presented at the April 2008 Healthy Kitchens, Healthy Lives Conference