Hummus & pita bread

About
Hummus is often served with pita bread, which makes it a complete, vegetarian source of protein.

Hummus is a popular food across the Near and Middle East from Greece to Syrian, Lebanon, and as far as India. It can be made with a variety of spices, which lets hummus take on a local flavor.

The garbanzo bean, also known as the chickpea, has been used as a food for thousands of years. It was first cultivated in the Middle East about 7,000 years ago. The true origin or hummus will probably never be known, because garbanzo beans were grown throughout the Middle East.

The hummus and pita bread in the picture are from International Delights Café in Las Cruces, New Mexico.

Ingredients
2 cups well cooked garbanzo beans
1 cup garbanzo bean cooking water
4 to 5 tbsp fresh lemon juice
1/2 cup tahini
3 garlic cloves, pressed
1 tsp salt
1/8 tsp cayenne
1/4 cup chopped fresh parsley

Directions
Hummus can be made in a food processor or blender or even with a potato masher, if the garbanzo beans are very tender. If using a food processor, process the garbanzo beans with 1/2 cup of the bean liquid and the lemon juice. Add as much of the reserved liquid as you need to get consistency you want. Stir in the chopped parsley.

If using a blender, the hummus should be made in 2 or 3 batches with frequent stops to stir the contents up from the bottom of the blender using as much of the reserved bean liquid or water as needed.

If done by hand, mash the garbanzo beans with a bit of their liquid in a flat-bottomed bowl with a potato masher or large pestle. Add the rest of the ingredients and mix well.

Reference
This recipe was adapted from New Recipes from Moosewood by the Moosewood Collective, which was published by 10 Speed Press in Berkley, California