

Scallion-Garlic Hummus (from Farmer John's Cookbook) **(Good on days 1, 2, 3, 9, 10)**

Makes about 3 cups (it is easy to halve this recipe)

- 3 cups cooked chickpeas, fresh or canned, rinsed**
- ½ cup coarsely chopped scallion (green onions), about 3**
- ½ cup tahini (sesame seed paste), plus more to taste**
- ½ cup freshly squeezed lemon juice (about 3 lemons)**
- 1/3 cup fresh parsley leaves**
- 2 garlic clove minced (about 1 teaspoon)**
- ¾ tsp sea salt, plus more to taste**
- ¼ tsp ground cumin, plus more to taste (optional)**
pinch cayenne pepper (optional)

1. Put all of the ingredients in a food processor and process until they form a thick paste. (Alternatively, mash and mix everything together with a potato masher, or run the beans through a food mill and stir in the remaining ingredients.)
2. Season to taste with extra salt, cumin and cayenne. If you like your hummus creamier, stir in more tahini. If hummus is still too thick, thin with a little water. Serve at room temperature or chilled