



Lemon Roasted Garlic Hummus

Ingredients:

- 1 can chickpeas
- 1 head of roasted garlic
- 1 and ½ tablespoons lemon juice
- 2 teaspoon lemon zest
- 3 tablespoons olive oil
- 1 and ½ tablespoons Tahini
- Salt
- Pepper
- Paprika

Instructions:

1. Chop the top off of your garlic. Roast the entire head of garlic in a 325F oven wrapped in foil with olive oil, salt, and pepper until it is very soft. Let the garlic cool and squeeze or peel the cloves out of their skins
2. Drain your chickpeas, reserve the liquid on the side, and add your drained chickpeas to a food processor
3. Zest the bright yellow skin of your lemon, being mindful to not go too deep and get the bitter white underneath
4. Juice 1 and ½ – 2 tablespoons of lemon juice after you zest the lemon. Add the juice in the food processor being mindful to not get any seeds inside.
5. Add 1 and ½ tablespoons of Tahini, 3 tablespoons of olive oil, and as much roasted garlic as you wish to the food processor bowl.
6. Blend on high until the hummus is nice and smooth. If it is too thick and has trouble blending, add 1 tablespoon of chickpea liquid at a time to the food processor until you reach your desired consistency
7. Taste the hummus and add salt and pepper to your preferred taste. Blend it again to incorporate the spices
8. Garnish hummus with pools of olive oil, sea salt, and paprika. Serve with warm pita, sliced cucumber, or your favorite crunchy vessel

Storage:

- Refrigerator for up to 1 week

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Soybean, sesame