SQUASH

ZUCCHINI HUMMUS

INGREDIENTS:

2 MEDIUM ZUCCHINI, PEELED & THINLY SLICED
1 TBSP OLIVE OIL, DIVIDED
1 CAN (15 OZ) CHICKPEAS, NO SALT ADDED, DRAINED & RINSED (RESERVE 2 TBSP LIQUID)
1 GARLIC CLOVE
2 TBSP LEMON JUICE
1/2 TSP SALT
1/4 TSP CUMIN
1/8 TSP BLACK PEPPER

DIRECTIONS:

IN A PAN, SAUTE ZUCCINI IN 1/2 TBSP OLIVE OIL OVER MEDIUM/HIGH HEAT FOR 15 MINS, OR UNTIL ZUCCHINI IS TRANSLUCENT. ALLOW TO COOL & ADD ZUCCHINI, CHICKPEAS & GARLIC TO FOOD PROCESSOR OR BLENDER. PULSE UNTIL WELL CHOPPED. ADD IN REMAINING OLIVE OIL, RESERVED CHICKPEA LIQUID, LEMON JUICE, SALT, CUMIN & PEPPER. PROCESS UNTIL SMOOTH. SERVE WITH FRESH VEGETABLES.

CATEGORIES

SUMMER
WINTER

TASTEFUL HARVEST

OKLAHOMA FARM TO SCHOOL