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5-Minute Hummus with Quick Tehina Sauce

Prep: 5 minutes

Level: Easy

Serves: 4

This is an excerpt printed with permission from the Israeli Soul cookbook®.

Quick Tehina Sauce Ingredients

1 garlic clove
Juice of 1 lemon
1 (16-ounce) jar tehina
1 tablespoon
kosher salt
1 teaspoon ground cumin
1 to 1½ cups ice water

Hummus Ingredients

2 (15-ounce) cans chickpeas, drained and rinsed

Tehina Sauce Preparation

Nick off a piece of the garlic (about a quarter of the clove) and drop it into a food processor.

Squeeze the lemon juice into the food processor. Pour the tehina on top, making sure to scrape it all out of the container.

Add the salt and cumin.

Process until the mixture looks peanut-buttery, about 1 minute.

Stream in the ice water, a little at a time, with the motor running.

Process just until the mixture is smooth and creamy and lightens to the color of dry sand.

Hummus Preparation

Add the chickpeas to the Quick Tehina Sauce and process for about 3 minutes, scraping the sides of the bowl as you go, until the chickpeas are completely blended and the hummus is smooth and uniform in color.