

"If you find ready-made tahini too bitter for your liking, this hummus with sesame seeds is for you."

To see the site with lots of additional information, visit:
<https://www.veggiessavetheday.com/hummus-without-tahini/>



Sesame Hummus & Corn Chips

Part 1 - Hummus



4 servings



15 minutes

INGREDIENTS – HUMMUS

4

- 3 Tablespoons toasted sesame seeds,
See notes*
- 3 Tablespoons olive oil
- 2 cloves garlic, minced
- 15 ounces chickpeas, (garbanzo beans)
(1½ cups cooked) drained, liquid
reserved
- 1 Tablespoon lemon juice
- 1 pinch ground cumin
- salt, to taste
- 1 pinch paprika, for garnish (optional)
- 1 pinch sumac, for garnish (optional)
- 1 drizzle olive oil, for garnish
(optional)

DIRECTIONS – HUMMUS

1. In the bowl of a food processor, place the toasted sesame seeds, olive oil, garlic, drained chickpeas, lemon juice, and cumin.
2. Process until completely smooth, scraping down the sides of the bowl as necessary, and adding reserved chickpea liquid a tablespoon at a time to thin out the hummus.
3. Taste and add salt, as needed.
Process again.
4. Transfer the hummus to a container and cover and refrigerate until ready to serve.
5. Before serving, add a pinch of paprika and/or sumac and a drizzle of olive oil, if desired.

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A simple recipe for homemade corn chips to go with your delicious sesame hummus. For more details, visit:
<https://www.food.com/recipe/corn-chips-from-scratch-354134>



Sesame Hummus & Corn Chips

Part 2 - Corn Chips



servings - varied



15 minutes

INGREDIENTS – CORN CHIPS

4

- 1 cup cornmeal
- 1 tablespoon oil
- ½ teaspoon salt
- ¾ cup boiling water

DIRECTIONS – CORN CHIPS

1. Preheat oven to 400 degrees.
2. Mix all ingredients in a bowl.
3. Turn dough out onto a baking sheet lined with parchment paper or a well oiled baking sheet.
4. Spread dough out evenly and thinly across pan.
5. You may scored the dough into chip shapes or leave it whole and break it up later.
6. Bake for 10 minutes at 400 degrees.
7. Allow to cool on pan and break apart.