

K's Kitchen: Hummus that isn't ordinary

By Kathryn Reed

Hummus always seems like a safe bet as an appetizer. The problem I have, though, is that so many store bought ones taste bland.

This one is not bland. In fact, it has a bit of a kick. That can be adjusted by altering the seasoning, the cayenne in particular. The amounts listed are what I found to work well. But if you are not sure, start with less and then adjust to your liking.

The other good thing with hummus is that it can be made ahead of time. It's also something that can be served any time of year.



Spicy Hummus

2 C garbanzo beans/chick peas, drained

2 T olive oil

2 T lemon juice

2 tsp parsley

Roasted red peppers to taste (4 or so out of a jar)

$\frac{1}{2}$ medium onion, rough chop

4 cloves garlic

$\frac{1}{2}$ tsp cayenne pepper

1 tsp salt

2 T tahini

1 tsp cumin

1 tsp oregano

Combine all the ingredients in a food processor or blender.