

# LLBN Recipes

By Najwa Medina

## Hummus Bi Tahini (1 of 2)

Makes 2 ½ - 3 cups

- 1 16 oz. can Garbanzo beans
- 1 cup tahini (ground, hulled sesame seeds)
- 1 cup lemon juice
- 3 garlic cloves, peeled
- 1 teaspoon (or to taste) salt

1. Heat the garbanzo beans in their liquid. Strain the beans and discard the liquid.

## Hummus Bi Tahini (2 of 2)

- 2 Grind the garbanzos in a food mill or food processor.
3. Press the garlic with a garlic press and add to the garbanzos. If using a food processor, add the peeled garlic cloves to the garbanzos in step 2, then grind.
4. Mix in the tahini, lemon juice and salt. To serve, spread the hummus on a plate and garnish with parsley, pomegranate seeds and garbanzo beans.