

Garbanzo Bean and Parsley Dip

From – From Asparagus to Zucchini

1 ¾ cups cooked or 1 can (15 oz) garbanzo beans (drained and liquid reserved)
1 clove garlic
3 Tbsp lemon juice
1/3 cup tahini (sesame seed paste)
2 chopped green onions
½ tsp ground cumin
¼ tsp soy sauce
½ cup chopped parsley
salt & pepper
pinch of cayenne
pita bread or crackers
chopped fresh mint and/or parsley for garnish

- In food processor or blender, combine beans, ¼ cup bean liquid, garlic, lemon juice, tahini, green onions, cumin, soy sauce and parsley.
- Process until smooth. (If desired, thin with extra bean liquid.)
- Season to taste with salt, pepper and cayenne.
- Garnish with herbs.
- Serve with pita bread triangles or crackers.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com