

Green Hummus

From Laura

When you're tired of the regular hummus, which is flavored with lemon and soy sauce, and you have kale to use up from the bunch, try this one -- so good! From "Joon: Persian Cooking Made Simple," by Najmieh Batmanglij

INGREDIENTS

1 C chickpeas or cannellini (reserve the liquid)
4 kales leaves (or a big handful)
2 cloves garlic, crushed
1-½ tsp salt
1 tsp ground cumin
1 tsp cayenne
2 TBSP tahini
1 TBSP olive oil
5 TBSP fresh lime juice
1 tsp honey
½ C parsley, chopped

DIRECTIONS

Grind in a food processor or immersion blender (or mash with a potato masher).

If too thick or dry, add a bit more oil, reserved liquid from the drained beans, or water to make the consistency you like.