

# International Cooking



## Homemade Hummus Offers Mediterranean Flair

(NAPSA)—Spice up your next party or family meal with a little Mediterranean flair with Jalapeño and Roasted Red Pepper Hummus. The traditional combination of protein-rich beans and heart-healthy olive oil, with the addition of zesty peppers, upgrades both the taste and health appeal of this crowd-pleasing appetizer.

Simply combine garbanzo beans, tahini, cumin, garlic and extra virgin olive oil and top with an infusion of jalapeños and roasted red peppers. Tahini is a paste of ground sesame seeds that has a slightly nutty flavor and is commonly used in Mediterranean and Middle Eastern cooking. It can be found in the ethnic or international aisle of most major grocery stores.

Served with pita chips or baked pita bread and topped with an additional splash of flavorful olive oil, this dish is a tasty way to kick off your next gathering. For more recipes and other cooking tips using heart-healthy olive oil, visit [www.aboutoliveoil.org](http://www.aboutoliveoil.org).

### Jalapeño and Roasted Red Pepper Hummus

- 2 (15 oz.) cans garbanzo beans**
- 2 tablespoons tahini paste**
- 3 garlic cloves**
- 1 tablespoon ground cumin**
- $\frac{3}{4}$  cup extra virgin olive oil**
- $\frac{1}{2}$  lemon, juiced**
- Salt to taste**



Guests will be delighted to dip into this delicious homemade hummus.

- 2 jalapeños, deseeded and finely chopped**
- 3 roasted red peppers**
- $\frac{1}{4}$  cup extra virgin olive oil**
- Salt**

**1. In a food processor, add the garbanzos, tahini paste, garlic cloves, cumin, extra virgin olive oil, and salt; blend until a smooth paste forms. Reserve.**

**2. In a bowl, mix the jalapeños, roasted red peppers and olive oil; add salt to taste.**

**3. To serve, place the pepper mix on top of the center of the hummus; serve with baked pita bread or pita chips.**

**Makes 10 to 12 servings.**

*Tip: You can purchase prepared roasted red peppers at the grocery store.*