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RACHAELRAY

Greek Hummus

Serves 4

Submitted by

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Serve with Orzo with Feta and Tomatoes, Chicken Souvlaki Sticks with Yogurt Dip and Fruit with Honey-Cinnamon Sauce.

INGREDIENTS

- 1 can chick peas (15 ounces), drained
- 2 lemons
- 1 sprig fresh oregano, leaves chopped
- 1 clove garlic, finely chopped
- Salt
- 2 rounded tablespoons tahini paste
- A handful fresh flat leaf parsley
- 1/4 cup kalamata olives, well drained, coarsely chopped
- 1 sack pita chips, sea salt variety (such as Stacy's brand)
- 1/2 seedless cucumber, cut into sticks for dipping
- A medium red pepper, seeded and cut into strips for dipping

PREPARATION

Combine chick peas, juice of 1 lemon and oregano in food processor. Mash garlic into paste with some salt pressing under the flat part of your knife then add garlic to processor along with tahini paste and parsley. Process hummus until smooth (add a splash of water if too thick) then transfer to a bowl and stir in olives, reserving a few for garnish. Serve dip with pita crisps and vegetable sticks.

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