

Zucchini Hummus – makes about 2 ½ cups

*Mid summer means lots and lots and **LOTS** of zucchini! High in water, vitamins, minerals, and fiber, yet low in calories, zucchini is very versatile and open to a multitude of flavor combinations and methods of preparation. In this vegged-up version of hummus, zucchini is lightly steamed first then is blended together with chickpeas, garlic, and fresh herbs making a light and delicious dip.*

2 small, or 1 medium zucchini, sliced lengthwise [about 2 ½ cups]

1, 15 oz. can chickpeas, drained

¾ teaspoon ground cumin

½ teaspoon sea salt

1 large clove garlic, pressed

3-4 Tablespoons lemon juice

3 Tablespoons extra virgin olive oil

1 ½ Tablespoons fresh thyme, or 2 Tablespoons fresh mint, roughly chopped

Additional pinch of salt and/or lemon juice to balance

Scoop and discard the seeds of the zucchini, then slice them into ¼ inch half moons. Place the zucchini in a steamer basket and steam for 4-6 minutes, until just tender.

Place the zucchini into the bowl of a food processor, then add the drained chickpeas, cumin, salt, garlic, lemon juice and olive oil. Process until consistency is smooth.

Pulse in the fresh thyme or mint and taste to see if the hummus could use a couple pinches of salt and/or lemon juice for balance.

Chef C's cooking notes:

- If you don't have a food processor use a blender. Start by adding the lemon juice and oil, then the softened zucchini, then the remaining ingredients. Adding the liquid and soft things first helps the blades spin and blend the denser ingredients more easily.
- No reason one couldn't veg up store bought hummus by adding some blended zucchini!
- When choosing zucchini look for ones that are smooth skinned and firm. No need to peel these soft skinned squashes, just give them a wash. Zucchini stores well for 4-5 days in the fridge.

