

Cooking Collaborative @ HPU

DILL HUMMUS ON BAGEL CHIP WITH CRISPY CHICKPEA AND ROASTED TOMATO

DILL HUMMUS INGREDIENTS

- 7.5 ounce chickpeas(garbanzo beans)-1/2 a can drained & rinsed
- 1 tbsp fresh lemon juice
- 2 tbsp fresh dill, chopped
- 1 tbsp tahini
- 1/4 tsp salt
- 1 tbsp olive oil
- 2 tbsp water

DILL HUMMUS DIRECTIONS

- Add first 5 ingredients to food processor & blend until smooth, add water to desired smoothness & consistency.
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BAGEL CHIP INGREDIENTS

- 2 plain bagels
- 1/4 cup olive oil
- 1 garlic clove- peeled
- 1/8 tsp salt
- 1/8 tsp ground pepper

BAGEL CHIPS DIRECTIONS

- Preheat Oven to 300F. Line a baking sheet with parchment paper or apply oil to baking sheet.
- With a sharp knife, thinly slice the bagels, getting 8 to 10 slices per bagel.
- Spread in 1 layer on the baking sheet. Brush bagel slices with oil & rub the garlic clove on each slice.
- Bake for 5-8 min. & turn to crisp the other side around 5 more min.
- Remove & cool on wire rack.

CRISPY CHICKPEA INGREDIENTS

- 7.5 ounce chickpeas (garbanzo beans)- approximately 1/2 a can drained and rinsed
- 1/4 tbsp olive oil
- 1/2 tsp sea salt
- 1/4 tsp cumin powder

CRISPY CHICKPEA DIRECTIONS

- Heat Oven to 350F.
 - Place chickpeas in a bowl & toss with olive oil. Stir in salt & cumin to coat evenly.
 - Bake for 45 min. to 1 hour
 - Remove from oven & cool.
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ROASTED TOMATO INGREDIENTS

- 2 cups grape tomatoes
- 1 1/2 tbsp olive oil
- 1 tbsp balsamic or red wine vinegar
- 1/4 tsp salt
- 1/4 tsp ground pepper

ROASTED TOMATO DIRECTIONS

- Position a rack in the center of the oven and pre-heat the oven to 425°F.
- Rinse the grape tomatoes, place them on a baking sheet, add olive oil, balsamic vinegar, salt & pepper. Toss them well to make sure the tomatoes are well coated.
- Bake in the oven for 10 min, stirring once after 5 min. Tomatoes are ready when they burst & become caramelized.