

CHICKPEA AND MACADAMIA HUMMUS

A doubled batch of creamy hummus made half with chickpeas, half with soaked macadamia nuts



INSTRUCTIONS

1. Soak the macadamia nuts

- 15 oz raw macadamia nuts

Place the macadamia nuts in a bowl and cover completely with water. Let them soak for 24 hours (room temperature or in the fridge). This softens them so they blend smooth alongside the chickpeas. Drain and rinse before using.

2. Whip the tahini and lemon juice

- 1/2 cup well-stirred tahini
- 1/2 cup fresh lemon juice (about 2 large lemons)

In the bowl of a food processor, combine the tahini and lemon juice. Process for 1 minute, scrape the sides and bottom of the bowl, then process for 30 seconds more. This whips the tahini, which is the trick to a smooth, creamy result.

3. Add oil and spices

- 1/4 cup extra-virgin olive oil, plus more for serving
- 2 small garlic cloves, minced
- 1 tsp ground cumin
- Salt to taste

Add the olive oil, garlic, cumin, and about 1 teaspoon of salt to the whipped tahini and lemon juice. Process for 30 seconds, scrape the bowl, then process for another 30 seconds until well blended.

4. Add the chickpeas and macadamia nuts

- 1 (15-oz) can chickpeas, drained
- The soaked and drained macadamia nuts

Add half of the chickpeas to the food processor and process for 1 minute. Scrape the bowl, then add the remaining chickpeas along with the soaked macadamia nuts. Process until thick and relatively smooth, 2 to 3 minutes, stopping to scrape down the bowl as needed.

5. Thin to the right consistency

- 4 to 6 tbsp cold water or aquafaba (chickpea juice)

With the processor running, slowly add the water or aquafaba a little at a time until the hummus reaches a smooth, creamy consistency.

6. Finish and serve

Taste and adjust with more salt or lemon juice as needed. Serve with a drizzle of olive oil and a dash of paprika, sumac, or za'atar on top.

GREAT WITH THESE VEGGIES FOR DIPPING

- Cucumber slices
- Cauliflower florets
- Broccoli florets
- Sugar snap or pea pods
- Mushrooms
- Carrot sticks
- Celery sticks
- Bell pepper strips
- Radishes

NUTRITION (per 1/4 cup serving, makes about 6 cups)

- Calories: 212
- Total Fat: 20g
- Total Carbs: 8g
- Fiber: 3g
- Net Carbs: 5g
- Protein: 3g

STORAGE

Store in an airtight container in the fridge for up to 1 week, or freeze (topped with a thin layer of olive oil) for up to 1 month.