

Grilled Zucchini Hummus

Yield: approximately 6-8 servings

- 2 Small zucchini (6-8 oz. each),
halved lengthwise
- 1 15 oz. can chickpeas, drained
(reserve liquid, if using organic variety)
- 2 Tablespoon fresh lemon juice (1/2 lemon)
- 1/4 Cup tahini
- 1-2 Cloves garlic, chopped
- Salt and freshly ground pepper to taste
- Vegetables or baked pita chips for dipping



Preheat grill to medium-high. Lightly brush both sides of zucchini halves with high-heat oil. Grill zucchini until tender and grill marks appear, about 3 minutes per side; cool slightly, then coarsely chop.

Place zucchini, chickpeas, lemon juice, tahini, and garlic in a food processor bowl fitted with the chopping blade. Puree until smooth, scraping sides as necessary. If the mixture is too thick, use chickpea liquid or water 1 tablespoon at a time to achieve the desired consistency.

Season to taste with salt and fresh ground pepper and additional lemon and/or tahini as desired. Serve with plenty of colorful fresh vegetables for dipping. It also makes a delicious spread for sandwiches or wraps!