

Salsa and Hummus

By Ken, Gail, and Elizabeth Heffner

Salsa

5 or 6 tomatoes

1 onion or small bunch of green onions

3 cloves of garlic crushed

Cilantro to taste (usually about 1/3 of a bunch)

½ green pepper

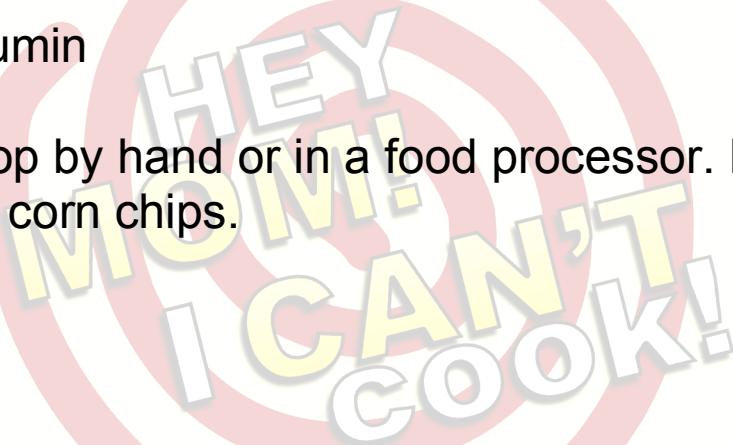
1 hot pepper

1-2 tablespoons balsamic vinegar

1-2 tablespoons chili powder

2 teaspoons cumin

Directions: Chop by hand or in a food processor. Enjoy with nachos or corn chips.



Hummus

2 cans of garbanzo beans (also known as chick peas)

OR 1½ cups of raw garbanzo beans soaked for 1½ hours and boiled until very soft

3 cloves of garlic minced

1½ teaspoons salt

¼ cup lemon juice (or juice from 2 lemons)

Dash of tamari (this is a type of soy sauce)

¾ cup tahini (this is sesame butter, readily available in Middle Eastern markets)

¼ cup (packed) finely-minced parsley

¼ cup of minced onion or scallions

Directions: Mash garbanzo beans to a thick paste using a food processor or mash by hand. Combine all other ingredients and chill thoroughly. Taste to correct seasonings. Some people like extra garlic, tamari, or tahini.

