Garbanzo Bean and Parsley Dip
From – From Asparagus to Zucchini

1 ¾ cups cooked or 1 can (15 oz) garbanzo beans (drained and liquid reserved)
1 clove garlic
3 Tbsp lemon juice
1/3 cup tahini (sesame seed paste)
2 chopped green onions
½ tsp ground cumin
¼ tsp soy sauce
½ cup chopped parsley
salt & pepper
pinch of cayenne
pita bread or crackers
chopped fresh mint and/or parsley for garnish

• In food processor or blender, combine beans, ¼ cup bean liquid, garlic, lemon juice, tahini, green onions, cumin, soy sauce and parsley.
• Process until smooth. (If desired, thin with extra bean liquid.)
• Season to taste with salt, pepper and cayenne.
• Garnish with herbs.
• Serve with pita bread triangles or crackers.

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