**Hummus**

**Recipe courtesy of** [**Ina Garten**](http://www.foodnetwork.com/chefs/ina-garten.html)

**Ingredients**

* 4 [garlic cloves](http://www.foodterms.com/encyclopedia/garlic/index.html)
* 2 cups canned chickpeas, drained, liquid reserved
* 1 1/2 teaspoons kosher salt
* 1/3 cup tahini (sesame paste)
* 6 tablespoons freshly squeezed [lemon juice](http://www.foodterms.com/encyclopedia/lemon/index.html) (2 lemons)
* 2 tablespoons water or liquid from the [chickpeas](http://www.foodterms.com/encyclopedia/chickpea/index.html)
* 8 dashes hot sauce

**Directions**

Turn on the [food processor](http://www.foodterms.com/encyclopedia/food-processor/index.html) fitted with the steel blade and drop the garlic down the feed tube; process until it's minced. Add the rest of the ingredients to the food processor and process until the hummus is coarsely pureed. Taste, for seasoning, and serve chilled or at room temperature.

**Black Bean Hummus**

**Recipe courtesy of** [**Melissa d'Arabian**](http://www.foodnetwork.com/chefs/melissa-darabian.html)

Recipe courtesy Melissa d'Arabian

Black Bean Hummus (02:24)

**Ingredients**

* 1 cup cooked black beans
* 1 garlic clove, minced
* 2 tablespoons olive oil
* 2 tablespoons lemon juice
* 1 tablespoon [white wine vinegar](http://www.foodterms.com/encyclopedia/vinegar/index.html)
* 1/2 teaspoon ground cumin
* Kosher salt and freshly ground black pepper
* 1/2 head iceberg lettuce, cut into wedges

**Directions**

Blend all the ingredients, except the lettuce, in a food processor until almost smooth. Let sit for 15 minutes before serving with [iceberg lettuce](http://www.foodterms.com/encyclopedia/iceberg-lettuce/index.html) wedges.

**Alton Brown**

**Hummus**

**Ingredients**

* 1 pound Slow Cooker Chickpeas, cooled, recipe follows
* 2 cloves garlic, minced
* 1 1/2 teaspoons kosher salt
* 5 tablespoons freshly squeezed lemon juice
* 1/4 cup water
* 1/3 cup tahini, stirred well
* 1/4 cup extra-virgin olive oil, plus extra for serving
* Powdered sumac, optional
* Slow Cooker Chickpeas:
* 7 cups water
* 1 pound dry chickpeas, sorted and rinsed
* 1/4 teaspoon baking soda
* Special equipment: a 2 1/2-quart slow cooker

**Directions**

Place the chickpeas, garlic, and kosher salt in the bowl of a food processor. Process for 15 to 20 seconds. Stop, scrape down the sides of the bowl, and process for another 15 to 20 seconds. Add the lemon juice and water. Process for 20 seconds. Add the tahini. Process for 20 seconds, then scrape down the sides of the bowl. With the processor running, drizzle in the olive oil.

To serve, transfer the hummus to a bowl and drizzle with additional olive oil and sprinkle with sumac, to taste, if desired.

Slow Cooker Chickpeas:

Place the water, chickpeas, and baking soda in a 2 1/2-quart slow cooker. Cover and cook on high heat for 4 hours, or on low heat for 8 to 9 hours, or until tender. Drain and serve immediately, or use in desired dish.

**Hummus Dip**

**Recipe courtesy of** [**Dave Lieberman**](http://www.foodnetwork.com/chefs/dave-lieberman.html)

Dave's Hummus Dip (03:25)

**Ingredients**

* 2 (15-ounce) cans chickpeas, drained and rinsed
* 1/2 cup extra-virgin olive oil, or more as needed, plus more for garnish
* 1/2 lemon, juiced
* 2 tablespoons roughly chopped fresh parsley leaves, plus more for garnish
* 2 cloves garlic, peeled
* 1 1/2 teaspoon salt
* 1/2 teaspoon dark Asian sesame oil
* 1/2 to 1 teaspoon ground cumin
* 12 to 15 grinds black pepper
* 1/4 cup water
* Paprika, for garnish

**Directions**

In a blender combine all the ingredients except the parsley and paprika to be used for garnish. Blend on low speed until smooth. You'll have to stop the blender often to push down the ingredients. If the mixture is too dry and you're having trouble blending it, add a few more tablespoons of olive oil to help things along.

Scrape the hummus onto a plate. Sprinkle the paprika over the top, drizzle lightly with olive oil, scatter some parsley on top, and serve. You can make the hummus up to a couple of hours before you serve it. Cover the top with plastic wrap and leave it at room temperature.

Per Tablespoon: Calories: 57; Total Fat: 4 grams; Saturated Fat: 0.5 grams; Protein: 1 gram; Total carbohydrates: 5 grams; Sugar: 0 grams; Fiber: 1 gram; Cholesterol: 0 milligrams; Sodium: 96 milligrams