



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Mashed Chickpeas with Tahini

Humus



1 + 1/2 cups chickpeas
3/4 cup Tahini
7 tbsp olive oil
Juice of 1 + 1/2 lemons
2 garlic cloves
1 + 1/2 tsp salt
1 tsp crushed red pepper
6-7 parsley stems

- # Boil the chickpeas, peel, and mash by a fork or blend to get a puree.
- # Put the mashed chickpea into a deep bowl, add tahini, lemon juice, olive oil, mashed garlic, salt on it and mix well.
- # Place the mixture on the service plate, drizzle crushed red pepper and finely sliced parsley on it.

Note: Some of the other recipes about this meal advise not to add garlic, but adding cumin and sumac.