HUMMUS

- Small can (14 1/2 oz. chickpeas, garbanzo beans, or ceci beans)
- 1/3 cup tahini (sesame paste)
- 1/2 cups lemon juice, more or less to taste
- 1 1/2 tsp salt, more or less to taste
- 1 clove garlic - more to taste
- 1 to 2 TBSP. reserved liquid
- 1/4 tsp cumin (optional)
- 2 TBSP. chopped parsley (garnish

Drain hummus, reserving liquid. Peel and chop garlic. Put hummus, garlic, tahini, lemon juice and salt in food processor, process to thick paste. Taste. From here on, your tastebuds dictate the ingredients. Add tahini, salt, lemon juice until mixture suits your taste. Slowly add (tsp) reserved liquid if too dry. Garnish with parsley (optional) and serve with pita.

TABOULI

- 3 cups of finely chopped flat-leaf parsley
- 4 or 5 finely chopped spring onions (with the green parts)
- 4 ripe, medium size tomatoes, chopped into small cubes
- 2 cloves garlic, minced
- 1 carrot, grated
- 1/2 chopped celery
- 1/2 red pepper, chopped
- 1 cup of medium bulgur
- 1/2 cup lemon juice
- 3 TBSP good olive oil
- salt

Rinse bulgur several times and then soak in cold water for about twenty minutes. Chop the tomatoes (small dice). Clean the parsley and remove the large stems (you want mostly leaves). Chop fine. Put the bulgur in a sieve to drain. Trim the spring onions, and chop them into 1/4" lengths. Put the drained bulgur and tomato in a large mixing or serving bowl. Add salt, garlic, lemon juice, olive oil, and parsley. Taste for seasoning. If too dry, you can add additional lemon juice. Toss well. Tabouli benefits from resting - you can cover the bowl with plastic wrap and leave in the refrigerator for a few hours or over night, tossing occasionally.