Basic Hummus

Ingredients
1 15-ounce can chickpeas or garbanzo beans
2 cloves fresh garlic, minced
1/4 cup sesame tahini
1/3 cup lemon juice
1/4 teaspoon cayenne

Directions
1. Drain the chickpeas, saving the juice. Dump the beans into the food processor or blender (beans can also be mashed with a fork).
2. Add the remaining ingredients and blend until smooth. If the mixture is too thick add some of the bean juice; blend until it reaches the desired consistency.

Makes 10 servings

Nutrition information per serving (2 tablespoons):
92 calories, 4g fat, 3g protein
12g carbohydrates, 128mg sodium