**Homemade Hummus**

**Ingredients:**
- 15-oz can chickpeas, drained and rinsed
- 1-2 crushed garlic cloves
- 1/4 cup lemon juice
- 1/4 tahini paste
- 2 tbsp. olive oil
- Pinch of salt
- 1/4 tspn. Ground cumin

**Steps:**
1. Place all ingredients except for olive oil in a food processor or blender. Puree. If necessary, add 1 to 2 tbsp. of water to make creamy.
2. Pour the olive oil over the spread before refrigerating so that the hummus doesn’t dry out.
3. Enjoy with pita wedges or fresh veggies!

---

**Roasted Eggplant Dip**

**Ingredients:**
- 1 large eggplant
- 1 lemon, juiced
- 3 garlic cloves
- 1 Spanish onion
- 1/2 cup parsley
- Olive oil

**Steps:**
1. Cut the eggplant in half and place on baking tray, cut side up. Bake in 350°F oven until brown and soft.
2. Remove from oven and cool 5 minutes before peeling skin. Place the eggplant flesh with all other ingredients (except the olive oil) into a food processor/blender.
3. Puree for 60 seconds before drizzling in olive oil. Add slowly, and only add enough to turn ingredients into a thick paste. Serve with pita!