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Jalapeño, cilantro and lime add a fresh twist to this classic dip

By Susie Iventosch



Jalapeno-Cilantro Hummus Photo Susie Iventosch

- 1 clove garlic, minced
- 1 15.5-oz. can garbanzo beans (they come packed 14, 15, 15.5 or 16 oz. depending upon the manufacturers, and any of these are fine)
- 1 tablespoon garbanzo bean brine or water
- 2 tablespoons tahini
- Juice of 1 lime
- 1/2 teaspoon salt

DIRECTIONS

Drain garbanzo beans, but reserve the packing brine to use in the hummus. Separate out about 15 garbanzo beans to use as the garnish on top. Set all aside.

Remove stem, ribs and seeds from the jalapeños, and coarsely dice. Place diced jalapeños in the bowl of your food processor. Process until finely chopped.

Add cilantro leaves and process until smooth. Mince garlic into this mixture and continue to process.

Add garbanzo beans along with 1 tablespoon of the brine (or cold water) and purée until smooth.

Add 2 tablespoons tahini, lime juice and salt and puree until smooth. If the hummus is too thick, add a little more of the brine, (or cold water), 1 tablespoon at a time until desired consistency. We found that 1 tablespoon was perfect, but each can of garbanzo beans can vary in both size and moisture content.

To serve, garnish with fried garbanzo beans, (recipe just below), thinly sliced jalapeño, lime wedges, a sprig of cilantro and drizzle extra olive oil over the top!

Fried Garbanzo Beans for Garnish:

Heat 1 tablespoon olive oil in a skillet. Add garbanzo beans and sauté over medium heat until crispy. Season with a dash of sea salt.

This is a fun twist on hummus, made with fresh-diced jalapeños, cilantro and lime juice to give it a "south of the border" flair. We added 1.5 jalapeños, but you can add as much or as little as you like to suit your personal tastes. The fresh cilantro gives this hummus a pretty green color, which is fun and different than most hummus and looks pretty for spring and summer dips, especially if you can find watermelon radishes to serve with it. They are tasty with this hummus and add so much color to your plate.

Besides the new additions, we make our usual hummus with garbanzo beans, tahini, garlic, olive oil and sea salt. We love to serve this as a dip with pita and veggies, or as a condiment to accompany grilled fish or meats, too!

INGREDIENTS

- 1.5 jalapeños diced
- 1 cup loosely packed, cilantro leaves



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