

Cilantro Pesto-Hummus



TIP: I'm a big fan of cilantro pesto and hummus and recently developed this recipe to combine the flavors and textures of both cilantro pesto and hummus. Like any pesto (basil pesto, cilantro pesto, pistachio pesto) and hummus, I use cilantro pesto-hummus regularly on toast with or without cheese, as a sandwich spread, with pasta, grains, freshly cooked or uncooked vegetables - just about anything.

Preparation Time: 20-25 minutes

Ingredients

1 Big Bunch Fresh Cilantro

1/2 - 3/4 Garlic Bulb

1/2 Teaspoon of Salt

1 Teaspoon Ground Turmeric

1 Teaspoon Ground Ginger

1 Teaspoon Ground Cumin

Crunch of Black Pepper

Olive Oil

2 Cups of Your Favorite Cooked Beans

(I'm using a combination of cooked garbanzo beans and black beans, though any beans will work)

Tahini

1 Jalapeño Pepper (optional but adds an added punch of spicy flavor)

Shot of Apple Cider Vinegar

Shot of Balsamic Vinegar (optional but adds depth of flavor)



Equipment

Food Processor with an “S”-Shaped Processor
Knife Blade
Water Basin
Cutting Board
Strainer or Colander
Large Sharp (Chef’s) Knife
Spatula
Measuring Cup
Teaspoon



1. Put the “S”-shaped knife blade onto the spindle in the food processor bowl, and make sure both the bowl and blade are snugly seated in place.



2. To clean the **fine sandy soil** that often times sticks to **fresh cilantro leaves**, first fill a basin about 1/2 full with cold tap water.



Then add the **cilantro**, complete with **stems**, to the water. Give the **cilantro** a good hand-agitated rinse, and let the **cilantro** rest in the water so that any **soil** loosened from the **cilantro leaves** can settle to the bottom of the basin.



3. While the **cilantro** rests in the water, pull 1/2 - 3/4 of the **garlic cloves** from a **garlic bulb** so that you have about as many **garlic cloves** as shown in the picture on the right.



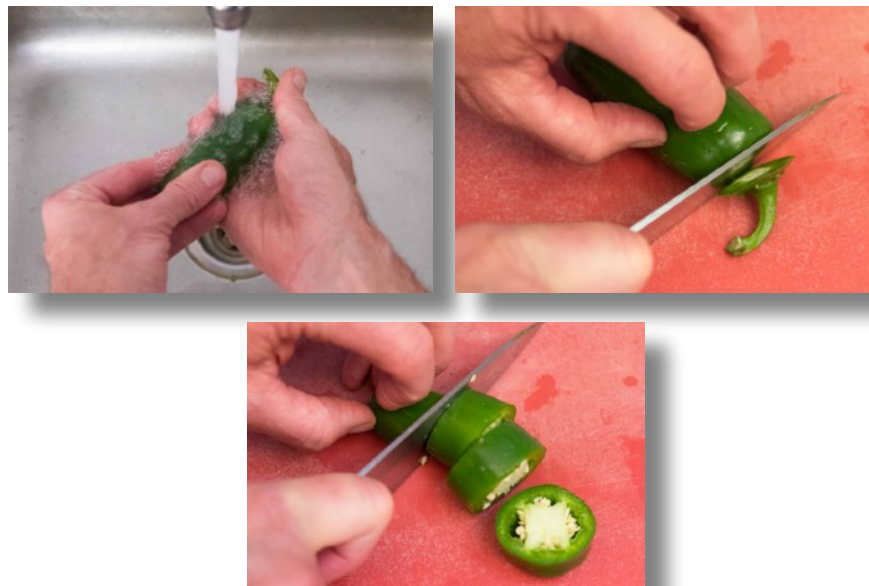
Put the **garlic cloves** on the cutting board and cover them, one **garlic clove** a time, with the flat side of a wide bladed (chef's) knife. Press on the top flat side of the knife with the heel of your hand until you hear and feel the **garlic skins** pop open. Then peel the **skin** from the **garlic cloves**.



4. Scoop the **rinsed cilantro** out of the water into a colander or strainer. (The small inset picture below shows the sandy soil on the bottom of the basin left over from cleaning the cilantro leaves.)



5. Give a **fresh jalapeño** a good hand scrubbing rinse with cold water. Then cut off the **stem** and cut the **jalapeño** in cross section into 4-5 pieces.



6. Pour **2 cups of cooked beans** into the food processor along with the **rinsed cilantro** and add...



...the **peeled garlic cloves, cut jalapeño pepper**,...



...a **good pour of tahini** (2-3 tablespoons, if you want to measure), **1/2 teaspoon of salt** (or as much salt as shown below in the insert picture),



**...1 mounded teaspoon of each:
ground turmeric, ground cumin, and
ground ginger,...**



**...good crunch of black pepper, good
pour (4-5 tablespoons) of olive oil,...**



...and **good shot (2-3 tablespoons) of both apple cider vinegar and balsamic vinegar.**



7. Snap the food processor bowl top in place, turn on the processor, and...



...let the processor work until the **ingredients** become well mixed together about as shown below. (**NOTE:** *If your **cilantro pesto-hummus** turns out thicker than what is shown in the larger picture below, add a little more **olive oil** and/or **vinegar** (optional) to thin it out as shown in the insert picture.*)



8. Use a spatula to scoop the finished **cilantro pesto-hummus** into a container and...



...store in the refrigerator or freezer (if freezing, use a plastic, not glass, container as shown in the photo on the right).

