

Mediterranean Chickpea Dip

Yield: Serves 6-8 | **Prep:** 10 minutes | **Cook:** 10 minutes

Ingredients

- 1 can (15 oz) chickpeas, drained; reserve the liquid
- 1/2 red onion, chopped
- 1/2 red bell pepper, chopped
- 1 clove garlic, minced
- 1/2 tsp ground cumin
- 2 Tbsp lemon juice
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- 1/2 tsp kosher salt
- Pita chips or warm pita, for serving
- Feta, chopped parsley, and fresh chives, for garnish

Method

- 1.** Heat 1 Tbsp olive oil in a skillet over medium-high heat.
- 2.** Saute the onion and red pepper until softened and lightly charred, 6-8 minutes.
- 3.** Add cumin and toast for 20-30 seconds. Add garlic and cook 30 seconds more.
- 4.** Reserve a spoonful of the sauteed mixture for garnish.
- 5.** Process chickpeas, remaining vegetables, lemon juice, salt, and remaining oil until creamy. Add cold water as needed.
- 6.** Spread into a dish and garnish with the reserved vegetables, feta, herbs, and olive oil. Serve with pita.

CHEF'S NOTES

Toasting spices wakes up their flavor. Do not skip this step.