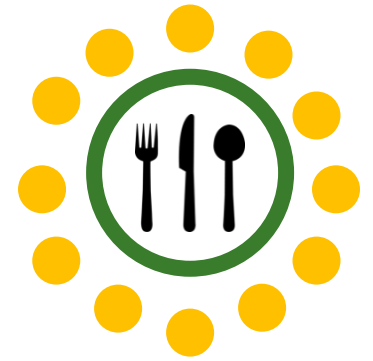


recipe of the week:

Hummus



ingredients:

1 can chick peas

1 can northern beans

¼ cup sesame seeds

1 tbsp. sesame oil

¼ cup olive oil

¼ cup lemon juice

1 tbsp. fresh minced garlic

directions:

1. Blend sesame seeds, sesame oil & olive oil together until smooth

2. Add remaining ingredients and blend until smooth

3. Serve with Melba Toast

Presented by:

