

HUMMUS

- 1 (15-ounce) can chickpeas or 1 ½ cups (250 grams) cooked chickpeas
- ¼ cup (60 ml) fresh lemon juice, 1 large lemon
- ¼ cup (60 ml) well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving
- ½ teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons (30 to 45 ml) water

LEBANESE SALAD

- 3 cups cherry tomatoes, halved*
- 1 large cucumber, peeled and diced**
- ½ red onion, finely diced
- ½ cup chopped parsley
- 2 tablespoons chopped mint
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon sea salt
- ½ teaspoon ground pepper

*Or 3 Roma tomatoes, diced

**Or 3 Persian cucumbers, diced

