

Skinny Dipping

You don't have to deprive yourself of your favorite fatty foods: Just eat them in **hummus** form.

Lots of restaurants are on a hummus kick these days, but no place has experimented with the chickpea dip more than The Desert Café in Baltimore (1605 Sulgrave Ave.; thedesertcafe.com): The spot has a rotating menu of more than 175 versions, including off-the-wall flavors like sushi and banana split. We were skeptical, but a few bites in, we realized we'd stumbled on an ingenious diet trick: getting a junk-food fix from a tub of hummus. Owner Blake Wollman ships his hummus nationwide (\$5; 855-945-3732), but we convinced him to share three recipes so you can make them yourself.

Tahini, a paste made from ground sesame seeds, is a key ingredient in hummus. Look for it in the international-foods aisle.



SOUR CREAM AND ONION HUMMUS

MAKES: about 4 cups

- 3 cups canned chickpeas, drained and rinsed, ½ cup liquid reserved
- 2 to 3 cloves garlic
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 1½ teaspoons dried minced onion
- 1½ teaspoons onion powder
- 1½ teaspoons granulated garlic
- Kosher salt

Put the chickpeas, chickpea liquid, garlic, tahini, lemon juice, dried onion, onion powder, granulated garlic and 1 teaspoon salt in a food processor. Puree until smooth and creamy.

Per serving (2 tablespoons): **Calories** 38; **Fat** 1 g (**Saturated** 0 g); **Cholesterol** 0 mg; **Sodium** 67 mg; **Carbohydrate** 5 g; **Fiber** 1 g; **Protein** 2 g



BUFFALO WING HUMMUS

MAKES: about 4 cups

- 3 cups canned chickpeas, drained and rinsed, ½ cup liquid reserved
- 2 to 3 cloves garlic
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 1½ teaspoons paprika
- 2 tablespoons barbecue sauce
- 2 to 3 tablespoons cayenne hot sauce
- 1 tablespoon distilled white vinegar
- Kosher salt

Put the chickpeas, chickpea liquid, garlic, tahini, lemon juice, paprika, barbecue sauce, hot sauce, vinegar and 1½ teaspoons salt in a food processor. Puree until smooth and creamy.

Per serving (2 tablespoons): **Calories** 39; **Fat** 1 g (**Saturated** 0 g); **Cholesterol** 0 mg; **Sodium** 138 mg; **Carbohydrate** 5 g; **Fiber** 1 g; **Protein** 2 g



PIZZA HUMMUS

MAKES: about 4 cups

- 1 tablespoon extra-virgin olive oil
- ¼ cup tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 2 to 3 cloves garlic
- 3 cups canned chickpeas, drained and rinsed, ½ cup liquid reserved
- ¼ cup tahini
- ¼ cup fresh lemon juice
- Kosher salt

Heat the olive oil in a small skillet over medium-high heat. Add the tomato paste, oregano and basil and cook until slightly toasted, about 2 minutes. Transfer the tomato paste mixture to a food processor. Add the garlic, chickpeas, chickpea liquid, tahini, lemon juice and 1 teaspoon salt. Puree until smooth and creamy.

Per serving (2 tablespoons): **Calories** 43; **Fat** 2 g (**Saturated** 0 g); **Cholesterol** 0 mg; **Sodium** 83 mg; **Carbohydrate** 5 g; **Fiber** 1 g; **Protein** 2 g

