

Cilantro-Edamame Hummus

1 can chickpeas
1 cup shelled edamame
2 tbsp tahini or no-sugar peanut butter
1 tbsp garlic
½ tsp cumin
Juice of 1 lemon
½ tsp onion powder
½ bunch cilantro, roughly chopped
½ cup water
¾ cup olive oil



I didn't get on the hummus train for the longest time. I knew it was good for me and other people loved it, so I should love it, too. But no matter which brand I tried or how I tweaked the recipe when I made it, I just wasn't feeling it. And then I figured out the secret. You see, most hummus is kind of grainy, especially commercial brands. There are these weird bits that are really unappetizing. The secret to making it tasty is popping the chickpeas out of their skins. It makes everything super smooth and almost cloud-like. I'm kind of obsessed with edamame right now, so adding them to a chickpea hummus and loading it with cilantro was a no-brainer. I highly suggest taking the time to pinch the skins off the chickpeas and the edamame. It makes a huge difference in the final product.

Put everything except the olive oil and ¼ cup of the water into the carafe of a blender. Pulse until a rough paste is formed. Then, with the blender running on low, stream in the olive oil. You might need the extra water if your hummus gets too thick. Once all the olive oil is in, blend on high until it is as smooth as you'd like. Scrape down the sides as needed.

Serve with chips, veggies, in a sandwich, or in a wrap.