

Edamame-Spinach Hummus

Swick

Makes 2 cups | Active Time: 20 minutes | Total Time: 20 minutes

Step 1: Gathering Your Mise en Place

- 1 1/4 cup chickpeas*
- 1 1/4 cup frozen edamame beans, thawed
- 2 cups fresh spinach
- 1 to 2 cloves garlic
- 2 tbsp tahini paste
- 2 tbsp fresh lemon juice
- 1 to 2 tbsp rice wine vinegar
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 to 2 tbsp nutritional yeast
- 1 tsp sea salt, or to taste
- white pepper, to taste
- sriracha, to taste (optional)
- 1/3 cup (approx) chickpea liquid
- 3 tbsp olive oil, if desired

Note: For the chickpeas, if cooking your own (which is ideal), save some of the cooking liquid for later. If using canned, save some of the liquid from the can and use it instead of oil, if desired.

The amounts of each ingredient really come down to personal preference. Start with the lower amount and then taste and adjust as desired.

Step 2: Making the Hummus

To make the hummus, add the garlic to a food processor and pulse a few times and then scrape down the sides.

Next, add the remaining ingredients, minus the spinach. Purée the mixture until quite smooth and then add the spinach and continue to purée until nice and smooth. Add a bit of the chickpea liquid and olive oil (if desired), as needed.

Taste and adjust the seasoning as desired.

Step 3: Serving the Hummus

- Maldon sea salt, for garnish
- extra-virgin olive oil, for garnish (optional)

To serve this hummus, place it into a bowl and drizzle with extra-virgin olive oil (if using) and garnish with Maldon salt and a few chickpeas and/or edamame beans if desired. Serve alongside your favorite vegetables, chips or crackers. Note: While the olive oil will add a bit more flavor, richness and shine it's not necessary, so feel free to omit it if you are doing no oil.

Any leftover hummus will keep for a few days in the refrigerator.