

5-Minute Hummus

Ingredients

- 1 garlic clove
- Juice of 1 lemon (about 2 Tbsp)
- 1 (16-ounce) jar tehina
- 1 Tbsp kosher salt, or to taste
- 1 tsp ground cumin
- 1 to 1½ cups ice water
- 2 (15-ounce) cans chickpeas, drained and rinsed

Make the Tehina Sauce

1. Cut off about a quarter of the clove of garlic and put in food processor.
2. Add the lemon juice into the food processor. Pour the tehina on top and add the salt and cumin.
3. Process until the mixture is smooth, about 1 minute.
4. Stream in the ice water, a little at a time, with the motor running. Process just until the mixture is smooth and creamy and lightens to the color of dry sand (it will look clumpy before it smooths out).

Make the Hummus

1. Add the chickpeas to the tehina sauce and process for about 3 minutes, scraping the sides of the bowl as you go, until the chickpeas are completely blended and the hummus is smooth and uniform in color.
2. To hold or store any leftovers, press plastic wrap onto the surface of the hummus to keep it from forming a skin. Refrigerate any leftovers and return to room temperature to serve. Can give it a whirl in the food processor to speed up the warming.

Walnut & Dried Cherry Bars

Ingredients

- 1 cup oats
- $\frac{3}{4}$ cup whole-wheat pastry flour or regular whole-wheat flour
- $\frac{1}{4}$ cup toasted wheat germ
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup honey
- $\frac{1}{3}$ cup unsweetened applesauce
- $\frac{1}{4}$ cup canola oil
- 1 egg
- 1 egg white
- $\frac{3}{4}$ cup chopped dried tart cherries
- $\frac{1}{2}$ cup finely chopped walnuts
- $\frac{1}{4}$ cup "fruit only" apricot preserves

Directions

1. Preheat oven to 350°F. In a medium bowl, whisk together the oats, flour, wheat germ, cinnamon and salt.
2. In another bowl, whisk together the honey, applesauce, oil, egg and egg white until well combined. Stir in the oatmeal mixture until well combined. Add the dried cherries and walnuts.
3. Coat an 8-inch square baking pan with cooking spray. Spread the mixture into the prepared pan and bake until a toothpick inserted in the center comes out clean, 30 to 35 minutes. Put the preserves in a small saucepan and bring to a boil. As soon as the bars come out of the oven, brush with the preserves. Cool completely and cut into 12 bars, about 4 by 1½ inches.