



Blue Owl Hollow Forest Farm

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Garlic Mustard Hummus

Description: a Blue Owl original "Innovative Invasives" recipe

Ingredients:

- 3 1/4 C cooked garbanzo beans
- 1/4 C lemon juice (distinctly lemony; use less if desired)
- 4 clove garlic, finely minced (quite sharp; use less if desired)
- 1 1/8 C sesame tahini (or a bit less)
- 1/3 tsp salt
- 1/3 C cold water
- 4 oz fresh garlic mustard, minced or passed through a food mill

Directions:

1. Mix together all ingredients except garlic mustard in medium mixing bowl.
2. Blend to desired smoothness with hand blender.
3. Blend in garlic mustard until uniformly green.
4. Sprinkle with paprika and/or za'atar seasoning and serve.