



Cilantro Lime Serrano Jalapeño Avocado Hummus

Yield: Serves 4-6

Total Time: 15-30 minutes

Ingredients:

- 15.5 oz. Can of Chickpeas (Garbanzos)
- 4 Serrano Chiles
- 2 Jalapeño Chiles
- 1 Large Piece of Garlic
- 1/2 Cup of Cilantro
- 4 Limes (1/3 Cup of Lime Juice)
- 1 Teaspoon of Ground Cumin
- 1 Tablespoon of Tahini
- 2 Avocados
- 1/2 Cup of Corn Oil
- Cold Corn Tortillas
- 1 Cup of Sesame Seeds

- 1/2 Tablespoon of Kosher Salt
- 3 Tablespoons of Olive Oil

Equipment Needed:

- Food Processor
- Cutting Board
- Knife
- Juicer
- Measuring Spoon
- Measuring Cup
- Large Pan
- Large Glass Bowl/Glass Jar for Storing
- Spatula

Prep:

- Rinse Cilantro bundle and remove long stems, set cilantro aside
- Rinse 4 serrano chiles, 2 jalapeños, and cut off the ends
- Juice 4 Limes with a juicer and set aside
- Peel garlic and set aside
- Slice 2 avocados, remove the pit and discard pit, set avocado aside
- Open 15.5 oz. can of chickpeas and drain
- Remove the skins of the chickpeas and set aside

Directions:

Tahini

- Pour 1 cup of Roasted Sesame Seeds into the food processor (roast the sesame seeds for 1 minute in a hot pan until golden but not brown, roasting provides a nutty flavor)
- Add 1/2 tablespoon of kosher salt into the food processor
- Add 3 tablespoons of olive oil into the food processor
- Then cover the lid and mix all ingredients in the food processor until it is



creamy, then stop the food processor and taste and set aside

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- Pour skinned chickpeas, sliced avocados, garlic, lime juice, serrano chiles and jalapeños, and cilantro in the food processor
- Add 1 teaspoon of cumin into the food processor
- Add 1 tablespoon of tahini into the food processor
- Then cover the lid and mix all ingredients in the food processor until it is creamy, then stop the food processor and taste, season with a pinch of kosher salt if needed
- Get a serving bowl and pour the hummus and eat with tortilla chips

Tortilla Chips

- Place a large pan on the stove and turn the gas/electric knob to a medium setting and add ½ a cup of corn oil and let the oil get hot (make sure to not boil the oil)
- Get 8 cold corn tortillas and a pizza slicer and slice the tortillas into vertical strips and then across diagonally
- Once the pan with cooking oil is hot place the individual sliced tortillas onto the pan and cook the tortilla chips until golden and crispy, about 1-2 minutes, and then using tongs or a spatula flip over each tortilla chip to cook the other side until golden and crispy
- After each tortilla chip is golden and crispy on both sides gently remove with tongs or spatula onto a paper towel covered plate and let the excess oil drain
- Serve with Cilantro Lime Serrano Jalapeño Avocado Hummus

***** Season to suit your taste. *****