



Chef Hector Playuk
Executive Chef, ISS Guckenheimer

Ingredients:

Hummus

2 cups drained well-cooked chickpeas (or red beans)
½ cup tahini, with some of its oil
¼ cup extra virgin olive oil
2 cloves peeled garlic
1 lemon, more as needed
Salt
Black pepper
1 tablespoon cumin or paprika plus add some for garnish
2 tablespoon fresh chopped parsley, some for garlic as well

Lentil Salad

¼ cup fine chopped red onion
¼ cup diced red pepper
¼ cup diced green pepper
¼ cup avocado
¼ cup seedless Cucumber diced
1 tablespoon cilantro chopped
2 tablespoon olive oil
2 tablespoon lemon juice
Salt pepper to taste

Preparation/Cooking time: 25 min

Serves: 6-8

Bean Festival Toast

Inspired to combine flavors, color, taste and texture of beans, this is chickpeas, and lentil on top of wonton chips, finished with colorful micro-organic greens.

Method:

- For the Hummus, put chickpeas, tahini, paprika, olive oil. Garlic, lemon juice, in a food processor, add salt and pepper, begin to process. Add chickpea cooking liquid water as needed to produce a smooth puree.
- Taste and adjust seasoning, adding more salt, pepper, or lemon juice as needed, chill or serve immediately, drizzled with some olive oil and sprinkled a bit of paprika and some fine chopped parsley.
- Substitute chickpeas for Red Beans to make red beans hummus. Add more juice to puree smooth.
- For the Lentil Salad, combine all ingredients. Serve on top of wonton chips with the hummus. Finish off with organic micro-greens.