



From the Kitchen of Executive Chef Jessica VanRoo



Hummus Lentil Salad Wraps

For Homemade Hummus

- 1 15-ounce cans chick peas (garbanzos), drained
- 2-3 tablespoons tahini
- 1 tablespoon olive oil
- 2-3 tablespoons lemon juice
- 1 garlic clove, peeled
- ½ teaspoon ground cumin
- Water to thin out

Instructions

1. To make the hummus, put all ingredients in a blender or food processor. Blend until smooth. Adjust the consistency with olive oil, lemon juice or water. Season with salt and pepper.
2. To make the wraps, combine lentils, water, bay leaf and salt in a medium saucepan over high heat.
3. Bring to a boil, then simmer uncovered until lentils are tender but not falling apart, about 20 minutes. Drain, rinse with cold water, and remove the bay leaf. Transfer to a medium mixing bowl and set in the fridge to cool.
4. In a mixing bowl, whisk together hummus, harissa or desired chili paste, lemon juice with yogurt. Mix well.
5. Add the green onions, tomato, bell pepper, cucumber, walnuts, herbs and cooled lentils. Mix well, and season with salt and pepper.
6. Serve lentil salad on lettuce leaves, or chop lettuce and wrap in a tortilla with lentil filling.