

Fava Bean Hummus

From www.wholefoodsmarket.com

INGREDIENTS:

- 2 cups dried fava beans
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1 tablespoon plus 1 teaspoon tahini
- 1 clove garlic
- ½ teaspoon dried oregano
- ½ teaspoon fine sea salt

PREPARATION:

Place beans in a large bowl with enough cold water to cover by 2 inches. Let soak overnight. Drain soaked beans. Remove outer shell from each fava bean and discard. Place peeled beans in a large saucepot. Cover by 2 inches with cold water and bring to a boil. Reduce heat, cover and simmer, until beans are very tender, about 30 minutes. Drain beans and place in the bowl of a food processor. Add oil, lemon juice, tahini, garlic, oregano and salt and process until puréed.

NOTES FROM THE COOK: