

CHICKPEA H U M M U S

The name chickpea is a derivative from the Latin name cicer, which eventually evolved into the French word chiche. In ancient Rome, the chickpea was so highly valued that one leader, Cicero, took it as a matter of great pride that his family name came from the full Latin term for the healthy little beans, Cicer arietinum. Chickpeas, or garbanzo beans (a name influenced by its Spanish usage), are small yellow or buff-colored beans often sold canned or dried. Dried chickpeas can be ground into meal and added to flour as a flavor and protein supplement, roasted and eaten as a snack, or reconstituted in boiling water. Canned chickpeas

are a great staple item to keep in the pantry. Add to salads, soups and stews to boost protein levels and add a complex, nutty flavor. Most often used in middle-eastern cuisine, chickpeas can be pureed into a paste called hummus, which is a deliciously healthy spread traditionally complimented by cucumber, olives, red cabbage, tomatoes and pita bread. To create a visually appealing presentation of hummus, cut the top of a cucumber off and hollow out the inside with a spoon to make a "boat" for the chickpea spread. Serve with the traditional accoutrements and toasted pita triangles.



By Katie Beck Photography by Marty Snortum Studio

Chickpea Hummus

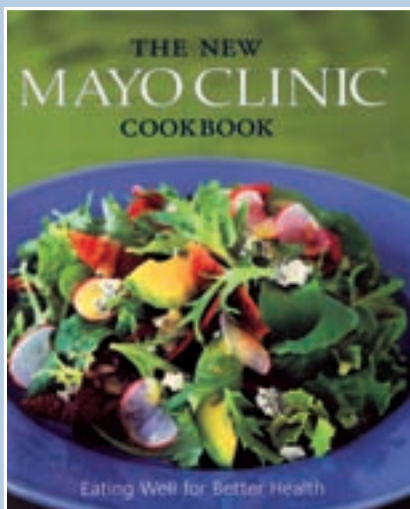
Serves 6

- 1- 15 oz can chickpeas, rinsed and drained
- 2 cloves garlic, finely chopped and cooked
- ¼ tsp salt
- 1 tbs olive oil
- ¾ cup plus 2 tbs green onion, sliced
- 2 tbs lemon juice
- 3 tbs cilantro, chopped
- 1 tsp ground cumin
- 3 cups hot water

In a sauté pan, cook garlic over medium heat until it just begins to brown. In a blender or food processor, combine the chickpeas, cooked garlic, salt, olive oil, ¾ cup of green onion, lemon juice, cilantro and cumin until pureed. Add the hot water one tablespoon at a time until the mixture resembles a thick spread. Place in a serving bowl and mix in remaining 2 tablespoons of green onion. Serve immediately or refrigerate until ready to serve.

Nutritional Information (per serving)

Calories.....103	Kilojoules.....431
Protein.....4 g	Carbohydrates.....14 g
Total fat.....4 g	Saturated fat.....0 g
Monosaturated fat 2 g	Cholesterol.....0 mg
Sodium.....300 mg	Fiber.....4 g



Recipes from *The New Mayo Clinic Cookbook* are based in the belief that good food is one of life's greatest pleasures. Healthy eating doesn't mean that all of the flavor and enjoyment has to be cut out of the diet, but it requires a little education on the nutritional benefits of food. Enjoying a healthy diet is easy with 150 recipe ideas that include nutritional information and explanations of the benefits of different ingredients. Promoting health through diet begins with picking up *The New Mayo Clinic Cookbook*.



PARTNERS FOR LIFE.

THE HEART AND SOUL OF NEW MEXICO.

Each year, HealthGrades®, an independent quality measurement company, evaluates Cardiology services at 5,000 hospitals across the U.S. In a just released 2006 report, MountainView scored five stars for clinical excellence in cardiac care. We are partners in your health. Some of the best heart care in the nation is right here!



The region's choice for heart care.



Visit healthgrades.com for additional healthcare comparisons.

RANKINGS

- #1 in state, Cardiac Surgery
- #1 in state, Cardiac Services
- #1 in state, overall Cardiology
- #1 in region, Cardiac Surgery
- #1 in region, Cardiac Services
- #1 in region, overall Cardiology
- Top 10% nationally, Cardiac Surgery
- 5-Star rated, Coronary Artery Bypass Grafting (CABG) procedures

mountainviewregional.com



- INSTRUCTION
- TRAVEL
- SCUBA & SNORKEL GEAR
- RENTALS
- AIR FILLS
- AQUATIC APPAREL AND GIFTS

GIFT CERTIFICATES
AVAILABLE
IN ANY DENOMINATION

www.divequestscuba.com