

Garbanzo Bean Spread

Recipe By *Brynie Greisman*



Cooking and Prep:  05
m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegan, Gluten Free, No
Refined Sugar, Vegetarian,
Pescetarian

Source: Family Table by
Mishpacha Magazine

This spread beats hummus any day. Firstly, it's much lower in fat, has no preservatives or additives, and tastes positively delicious. Even the photographer and stylist thought so! (Yes, there are side benefits to photographing food!) I was hoping I'd have it for Shabbos, but there was hardly any left! It tastes amazing on whole wheat challah! [You don't want to miss this Shortcuts video.](#)

Ingredients (7)

Main ingredients

- 1 (15-oz./500-g., approximately) can [Haddar Chickpeas](#)
- 1/2 cup [Bartenura Olive Oil](#) (see below)
- 2 tablespoons fresh parsley (or 1 tablespoon dry)
- 1 tablespoon lemon juice

- 1 whole scallion
 - 1-2 cloves garlic or 1-2 cubes **Gefen Frozen Garlic**
 - 1/4 teaspoon salt
-

Start Cooking

Make the Spread

Thank you to the Alters.

1. Blend all ingredients in the food processor. It should be a bit chunky and not completely smooth. Refrigerate. Use this within two to three days, but don't worry – it will finish before!)
Serve with veggies and pita or crackers.

Note:

I tried this recipe with 1/4 cup oil and 1/4 cup water and it was excellent. I am forever trying to reduce the fat in recipes (even though olive oil is a very healthy fat) and I tried it with 1/8 cup olive oil and 3/8 cup water. It may have been a little less creamy, but I thought it was just as good. Do whatever suits you best!

Credits

Still Photography: Daniel Lailah

Styling: Michal Leibowitz