



★★★★With edamame harvested in fall★★★★

HUMMUS

What is Hummus? Hummus is a delicious spread or dip made from chickpeas, tahini, lemon, and spices. It's commonly eaten in the Middle East and Mediterranean. It's healthy dish containing protein, fiber and mineral.

This time, instead of chickpeas, we will use "Autumn *edamame*," which is a specialty of Misato City.

<Recipe>

<i>Edamame</i>	1.5C
-Harvested in Misato in fall-	
Avocado	1C
Salt	1/3tbs
Garlic (grated)	1tbs
Lemon juice	1tbs
Olive oil	1/2C
Sesame paste(tahini)	1tbs
Or sesame dressing	



1. Boil the *edamame*



2. Add boiled *edamame*, avocado, garlic, lemon juice, sesame paste and olive oil and put in a food processor until pasty.



3. When it becomes a paste, it is ready. Please taste and adjust the seasoning to your liking. This time I added a lot of lemon juice.



4. You can attach it to crackers and vegetables. Let's enjoy.

