

Hummus BITES

5/18/2013

This recipe takes hummus + pizza dough. For the hummus, I used my OLIVEY hummus recipe. The pizza dough recipe follows. If you are in a hurry you can use pre-made dough + hummus from the store.

~~xxxxxx~~ Pizza Dough ~~HT~~

- 3 cups flour, divided
- 2 TBS brown sugar, plus 1 tsp brown sugar
- 1/2 tsp salt
- 1 tsp garlic powder
- 2 1/4 tsp active dry yeast
- 1 cup warm water, divided
- 2 TBS oil

Proof the yeast by combining yeast, 1 tsp brown sugar, and 1/4 cup warm water in small bowl. ~~Set~~ aside to double in size.

In large bowl or food processor, add 2 cups flour, remaining brown sugar, salt, and garlic, and combine well. Add yeast and approximately 1/4 cup more water. ^{Add 1 TBS oil.} Mix until it starts to come together. Then add remaining oil + water and mix until it pulls together as dough ball. If you used a food processor, transfer dough to bowl now. If it is too sticky add a couple TBS more flour. Knead briefly into smooth dough ball. Cover bowl loosely + let rise 30 minutes.

FOR REST OF RECIPE
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Separate dough in half for easier handling.
Roll out $\frac{1}{2}$ dough into large rectangle. Use
a pizza cutter to cut dough into squares
approximately $1\frac{1}{2}$ " x $1\frac{1}{2}$ " put a small scoop
of hummus in the center of each square.
Pull up sides and pinch together to form ball
of dough with hummus inside. Place dough
balls seam side down into a lightly
greased 9" round pan. Bake at 400° for
approximately 16 minutes.



OLIVEY Hummus

Ingredients:

- 1 can chick peas, drained
- ~~1~~ $\frac{1}{2}$ cup green olives, divided
- 2 TBS juice from olives
- 2 TBS olive oil
- 2 TBS lemon juice
- 1 large clove garlic, diced

- ~~1~~ $\frac{1}{2}$ tsp black pepper
- 2 tsp cumin
- 1 tsp paprika

$\frac{1}{3}$ cup flat leaf parsley
chopped (optional)

Add all ingredients **except**

~~1~~ $\frac{1}{6}$ cup olives into
food processor. Run until mostly
smooth. Add remaining olives
+ pulse a few times.