

# Cheesy Garbanzo Spread

(Makes about 2 cups; 8 1/4-cup servings)

This delicious spread has the look and taste of spreadable cheese and takes only seconds to prepare. Try it on bread and crackers, in casseroles, and as a filling for quesadillas. Look for jars of water-packed roasted red peppers near the pickles and olives in your supermarket. Tahini is available in the ethnic food section of many supermarkets and in natural food stores.

- 1 15-ounce can garbanzo beans
- 1/2 cup roasted red peppers
- 3 tablespoons tahini (sesame seed butter)
- 3 tablespoons lemon juice

Drain the garbanzo beans, reserving the liquid, and place them in a food processor or blender with the remaining ingredients. Process until very smooth. If using a blender, you will have to stop it occasionally and push everything down into the blades with a rubber spatula. The mixture should be quite thick, but if it really seems too thick to blend, add a tablespoon or two of the reserved bean liquid.

Recipe from *Eat Right, Live Longer* by Neal D. Barnard, M.D.; recipe by Jennifer Raymond.

