

Spinach and Artichoke Hummus

Ingredients

- 1 (15) ounce can chickpeas, drained and rinsed
- 1 clove garlic
- 2 tablespoons tahini
- 1/2 lemon juice- two tablespoons
- olive oil to taste
- salt and cayenne to taste
- 1/2 package frozen spinach (5) ounce
- 1 (14 ounce) can artichoke hearts, drained and coarsely chopped
- 1/4 cup asiago grated cheese



Directions

Puree the chickpeas, garlic, tahini, lemon juice and enough oil to get the consistency that you desire. Season with cayenne, salt and pepper and mix in the spinach, artichoke hearts and cheese.