



**INGREDIENTS:**

- 1/3 cup           toasted sesame seeds
- 1/8 cup           lime or lemon juice
- 1/8 teaspoon    crushed red chilies
- 1/2 teaspoon    minced garlic
- 1                 (15 oz) can, drained and rinsed  
                    OR 2 cups cooked dry Garbanzo beans
- 1/2 teaspoon    salt
- 2 tablespoons   olive oil

**METHOD:**

Preheat oven at 350°, sprinkle sesame seeds on a baking sheet and toast for 8 to 12 minutes until golden brown, stirring frequently. In a food processor, puree sesame seeds and chilies, then add beans and puree. Add lime or lemon juice, garlic and salt, puree until smooth. Finally add oil and process until well blended. Spoon into a serving bowl, cover and let stand at room temperature for one hour to blend flavors.