

**VEGAN**

## Garlic Mustard Hummus

### INGREDIENTS

- 3 cups garlic mustard leaves (washed, chopped)
- 2 cups chickpeas (cooked)
- 5 Tbsp olive oil
- 4 Tbsp lemon juice
- 2 Tbsp tahini
- 1½ tsp salt
- 2 Tbsp cumin

Makes approximately 2½ cups of hummus.

### DIRECTIONS

1. Place the chopped garlic mustard leaves and chickpeas in a food processor. Process until chunky.
2. Add the remaining ingredients and process until smooth.
3. Serve with chopped vegetables or pitas.

## Garlic Mustard Pesto

### INGREDIENTS

- 1 cup garlic mustard
- ½ cup basil
- 3 cloves garlic
- 2 oz. toasted pinenuts
- 4 oz. olive oil
- 2 Tbsp lemon juice

### DIRECTIONS

1. In a food processor combine all ingredients except olive oil.
2. Purée and add olive oil with processor running.
3. Toss cooked pasta with the pesto or serve on a sandwich.

### DID YOU KNOW?

Garlic Mustard is a highly invasive plant, but it is also a versatile and nutritious ingredient in the kitchen. All parts of Garlic Mustard are edible and a source of Vitamins E, B, and potassium.