

## Hummus

¼ cup tahini (sesame paste)  
 1 teaspoon cumin or more to taste  
 ½ teaspoon salt  
 2 large cloves garlic, finely chopped  
 3 tablespoons lemon juice  
 3 tablespoons hot water  
 1 19-ounce can garbanzo beans,  
 drained  
 Chopped fresh parsley

Combine tahini, cumin, salt and garlic in a small bowl. While mixing, slowly pour in lemon juice, then hot water. Puree garbanzo beans in a blender or food processor, or pass through a food mill. Add tahini mixture to puree and process or mix well. Season to taste. Sprinkle with chopped parsley and serve with fresh vegetables or toasted pita and bread. Makes 1½ cups.

Approx. per serving: 104 calories; 4 grams of fat.



## Microwave Garden Trio

1 tablespoon corn oil margarine  
 ½ pound fresh asparagus spears, cut into 2-inch pieces  
 ½ teaspoon basil  
 ½ pound fresh mushrooms, sliced  
 1 medium tomato, cut into wedges  
 Salt and pepper to taste

Microwave margarine on high for 30 seconds in a 1-½ quart glass baking dish. Add asparagus and basil and mix well. Cover and microwave for 3 minutes. Add mushrooms. Cover and microwave for 3 minutes. Add tomato. Cover and microwave 1 ½ minutes longer. Season with salt and pepper. Cover and let stand for 3 minutes. Makes 4 servings.

Approx. per serving: 73 calories; 2 grams of fat.

## Red Snapper in Foil

8 8-ounce red snapper fillets, skins removed  
 2 tablespoons corn oil margarine, melted  
 3 tomatoes, peeled, seeded, and cut into ½-inch cubes  
 8 large fresh mushrooms, sliced  
 ¾ teaspoon salt (optional)  
 ½ teaspoon freshly ground pepper  
 2 leeks, white and tender green part only, cut into 2-inch julienne strips  
 ¾ cup fresh parsley leaves, loosely packed

Preheat oven to 450 degrees. Cut heavy-duty aluminum foil into eight 18-inch squares. Fold each square in half. Brush each square on one side of fold lightly with margarine. Place some of the tomatoes and mushrooms onto each margarine-brushed area. Top with 1 fillet. Season lightly with salt and pepper, then add some of the leeks and parsley. Fold foil half over to enclose filling, joining edges. Fold edges again to seal packet tightly. Place packets onto a baking sheet and bake for 8 minutes. Remove each packet with a large spatula and place on a plate. Carefully cut a large X in top of each packet with scissors or a sharp knife, then fold open. If fillets are over ½-inch thick, add three minutes to baking time. Makes 8 servings.

Approx. per serving: 268 calories; 5 grams of fat.