

CURRIED CILANTRO HUMMUS

INGREDIENTS:

- 1 8 oz/ of cooked chick peas/garbanzo beans**
- 3 Tbsp of tahini** (adjust to taste)
- ¾ cup of pure spring water** (separate from cooking water)
- ¼ cup of fresh lemon juice**
- 1 cup of cilantro (coriander leaves)**
- 1-2 cloves of garlic, chopped**
- 16 shakes of curry powder** (adjust to taste)
- 1 tsp of Celtic Light Grey or Flower of the Ocean seasalt**
- 1 tsp of extra virgin olive oil (optional)**

DIRECTIONS:

Rinse the chick peas well in a strainer. Remove any loose skins and place them in a small pot with about 3 cups of pure water. Bring to a boil, cover, and simmer on medium heat for about 15 minutes. Ensure that the water level remains above the chick peas. When cooked, empty the water, remove additional loose skins and place them into a blending container.

Wash the cilantro well, remove the tough stems and add the cilantro leaves, tahini, ¾ cup of spring water, lemon juice, garlic, curry powder, seasalt, and olive oil (optional) into a blending container. Blend with a stick blender until thick and creamy.

ENJOY this tasty nutritious dip with organic brown rice crackers or on celery.

Serves 2

Use **organic** ingredients

Suitable for blood type O

For blood type A, substitute chick peas with fava (broad) beans

Originally from the Middle East, **chickpeas/garbanzo beans** were cultivated around 3,000 BC in the Mediterranean basin where they spread to India and Ethiopia. They were grown by the ancient Egyptians, Greeks, and Romans and brought to other subtropical regions by Spanish and Portuguese explorers, as well as Indians.

They are common in many Middle Eastern and Indian dishes, such as hummus, falafels, and curries. The more common chickpeas that are cream-colored and round are called "kabuli-type." The less common types that range from tan to black and irregular in shape are called "desi-type." The darker color of the outer seed of these types are richer in antioxidants than the kabuli-types.

Chickpeas are high in molybdenum, manganese, folate, copper, phosphorus, choline, protein, iron, zinc, fiber, and phytonutrient antioxidants. These include flavonoids, quercetin, kaempferol, myricetin (in the outer layer), and the phenolic acids, ferulic acid, chlorogenic acid, caffeic acid, and vanillic acid, and depending on the type of bean, anthocyanins delphinidin, cyanidin, and petunidin.

Chickpeas are not only high in fiber, but their fiber provides better blood sugar and blood-fat regulation, and lower level of LDL cholesterol, total cholesterol, and triglycerides regulation than other types of fiber. Significant results with control of blood sugar and insulin secretion were achieved on 1/3 of a cup of chickpeas a day for one week. Between 60-70% of the fiber in chickpeas is insoluble fiber, which remains undigested all the way down to the end of the colon. This fiber can be metabolized by bacteria in the colon to produce large amounts of short chain fatty acids (SCFAs), including acetic, propionic, and butyric acid. SCFAs provide fuel to the cells that line the intestinal wall, which in turn lowers the risk of colon cancer. Chickpeas also contain valuable fatty acids including alpha linolenic acid (ALA), the body's omega-3 fatty acid from which all other omega-3 fats are made.

Thus, chickpeas help reduce the risks of cardiovascular disease, cancer, and diabetes.

When buying bulk or packaged dried chickpeas, ensure that they are fresh and free of moisture, mold, light, insect damage, and cracks.

When buying canned chickpeas AVOID cans lined with BPA, and buy organic.

Canned chickpeas only lose about 15% of their nutrients compared to other types of canned foods. While most of the B vitamins remain, they do lose 40-45% of folate.

Dried chickpeas will last for up to a year when stored in an airtight container, in a cool, dry, dark place.

Cooked chickpeas remain fresh for about 3 days when stored in a covered container, in the fridge.

Tips for cooking dried chickpeas:

Before washing, remove small stones, debris, or damaged beans. Place in a strainer and wash well.

Pre-soak for at least 4 hours to shorten cooking time by 25%, and make them easier to digest.

Remove floating skins and rinse well before cooking.

Add 2-3 cups of water per cup of chickpeas when cooking.

Or, boil the beans for two minutes, remove from heat, cover, and allow to stand for two hours.

Scientifically known as *Coriandrum sativum* L, **coriander leaves** are called **cilantro** in America and some parts of Europe. When it comes to antioxidant value, cilantro is one of the super herbs. Its deep green leaves are rich in antioxidants (ORAC rating of 5,141), polyphenolic flavonoids (quercetin, kaempferol, rhametin, epigenin), essential oils, vitamins, and dietary fiber. These nutrients help balance cholesterol HDL and LDL levels, heart rate, and blood pressure. Cilantro's high amount of vitamin K plays a role in building bone mass and limiting neuronal damage in the brain. Its high vitamin A and flavonoids/carotenes help maintain healthy mucus membranes, lungs, skin, and vision. Cilantro is also a good source of vitamins B, C, and minerals, such as potassium, calcium, manganese, magnesium, and iron.

Cilantro has eleven components of essential oils and six types of acids, including ascorbic acid (vitamin C). Its anti-inflammatory essential oil component *Cineole*, is also anti-rheumatic and anti-arthritis, which helps to relieve arthritis. Cilantro's essential oil *citronellol* is an excellent antiseptic and antimicrobial, which helps alleviate mouth ulcers and bad breath.

Its anti-inflammatory properties alleviate kidney swelling due to kidney malfunction or anemia. These nutrients and properties also promote urination and the release of excess body fluid, which in turn reduces puffiness and swelling.

Cilantro's anti-histamine properties help relieve allergies and hay fever (rhinitis). Internally, it can ward off anaphylaxis, hives, and swellings of the throat and glands.

Its high levels of dodecenal, is twice as powerful an antibiotic as the leading treatment for salmonella-based illnesses. (Dr. Isao Kubo, U of CA, Berkeley).

Cilantro has disinfectant, detoxifying, antiseptic, anti-fungal, antioxidant properties that can also help clear up skin disorders such as eczema, dryness, and fungal infection. Its oil has been patented for its anti-inflammatory and anti-microbial properties.

In addition, cilantro/coriander leaves help to:

- Reduce oxidative stress
- Provide protection from cardiovascular disease with its rich amount of vitamin K
- Remedy stomach issues like digestion, cramps, or bloating
- Contribute to vision health and protects against macular degeneration
- Relieve symptoms from PMS discomfort
- Provide a good amount of natural iron, helping to prevent anemia
- Lower blood pressure
- Cleans and nourish with all its nutrients

