

KEY INGREDIENTS

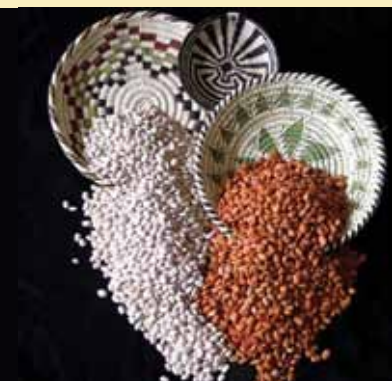
America by Food

Himdag Ki: Hekihu, Hemu, Im B I-Ha'ap Tohono O'odham Nation Cultural Center & Museum, Topawa

HOST OF KEY INGREDIENTS: *America by Food*
October 23 to December 4, 2010

Sonoran Desert Hummus

*Courtesy of Tohono O'odham Community Action (TOCA) and
The Desert Rain Café (www.desertraincafe.com) in Sells, Arizona.*



*Photo Courtesy of Tohono O'odham
Community Action*

2 cups cooked white tepary beans; reserve
cooking liquid

1/4 cup lemon juice

1 clove garlic, minced

1/4 teaspoon ground cumin

1/4 cup olive oil

2 teaspoons hot sauce

Preparation

Puree the beans with the lemon juice and garlic. Add the cumin and olive oil and blend until smooth. Add the cooking liquid as needed to achieve the desired consistency. Add hot sauce to taste. Makes two cups.

Key Ingredient: Tepary Beans

More recipes and ingredient descriptions are available from TOCA at www.tocaonline.org.

Bawī, or tepary beans, have sustained the Tohono O'odham for countless generations, and in O'odham legends, the Milky Way is made of tepary beans scattered across the sky. Grown during the blistering hot summer of the Sonoran Desert, they are one of the most heat- and drought-tolerant crops in the world. The same adaptations that allow them to thrive in harsh desert conditions make them incredibly healthy. High in protein and very low on the glycemic index (29), they help regulate blood sugar levels for diabetics and others concerned about the impacts of simple carbohydrates on their health.