

Spicy orange hummus

1/4 cup fresh parsley leaves
2 tablespoons chopped onions
1 garlic clove
1/4 cup orange juice
2 tablespoons tahini (sesame seed paste)
2 tablespoons rice vinegar
1 teaspoon low sodium soy sauce
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon ground ginger
1/4 teaspoon ground coriander
1/4 teaspoon ground turmeric
1/4 teaspoon ground cumin
1/4 teaspoon paprika
1 can chickpeas, drained

Put everything in the bowl of your food processor and process until smooth.