



Packing tips

■ **Hummus.** Spoon into a small, widemouthed container with a lid. Nestle in a larger, shallow container, arrange vegetables alongside, and snap lid over everything. Seal pocket bread into a zip-lock plastic bag. Transport hummus and veggies in a cooler. To serve, just remove lids and tuck the bag of bread alongside the vegetables.

■ **Shrimp.** Lay skewered shrimp in a sturdy, shallow container with a lid (no matter how heavy, plastic bags don't stand up to skewers). Carry in a cooler.

■ **Salad.** Layer in a wide, shallow plastic bowl (3½ to 5 qt.) with a lid, and put in cooler. Bring the dressing in a sealable jar (no need to keep cold en route).

■ **S'mores.** Pack sliced strawberries in a small, rigid container with a lid, and keep cold. Jars of marmalade or lemon curd and packages of cookies and marshmallows don't need special handling.



Creamy Hummus

PREP TIME: About 7 minutes

MAKES: About 1¼ cups; 6 to 8 servings

NOTES: You can prepare this hummus through step 2 up to 1 day ahead; cover and chill. Serve with pocket bread or chunks of sesame-crusted bread and raw vegetables like cucumber slices, red bell pepper strips, baby carrots, celery and jicama sticks, and radishes.

- 1 can (15 oz.) garbanzos
 - 2 to 4 tablespoons extra-virgin olive oil
 - 3 tablespoons lemon juice
 - 1 tablespoon toasted sesame oil
 - 1 or 2 cloves garlic, peeled
- Salt and pepper

1. Pour garbanzos into a fine strainer set over a bowl to collect liquid; reserve liquid.

2. In a blender, combine garbanzos, 2 tablespoons olive oil, lemon juice, sesame oil, garlic, and ⅓ cup of the reserved garbanzo liquid. Whirl until smooth and creamy. Add salt and pepper to taste, and, if mixture is too stiff, 1 to 2 more tablespoons liquid; hummus should be soft but still stiff enough to hold its shape. Scrape into a shallow serving bowl.

3. Shortly before serving, drizzle with 2 more tablespoons olive oil if desired.

Per serving: 110 cal., 47% (52 cal.) from fat; 2.7 g protein; 5.8 g fat (0.8 g sat.); 13 g carbs (1 g fiber); 160 mg sodium; 0 mg chol. ▶ 90

One-stop beach dining: Unhummus veggies, shrimp, and salad w dressing



WINE PICK

■ **Dry rosé of Sauvignon Blanc.** The shrimp are both sweet and salty, so they call for some soft, round fruit balanced with crispness in a wine. Bonny Doon Vineyard's Ca' del Solo Big House Pink (\$10) meshes perfectly and is a great toes-in-the-sand beverage; Joel Gott's Napa Valley Three Ranches Sauvignon Blanc (\$18) works well too.