



Homemade Hummus with Veggies and Pita Wedges

1 can chickpeas (aka: garbanzo beans)

2 tbsp extra virgin olive oil

1/2 tsp pepper

1 pinch oregano

2 gloves garlic

1/2 lemon

12 whole, whole wheat pitas

1 tsp grated Parmesan cheese

1. Place chickpeas into a food processor with 2 tablespoons of extra virgin olive oil.
2. Pulse until it creates a smooth consistency. (If you do not have a food processor, use a large bowl and potato masher and mash the beans until they are of a paste consistency).
3. Add the garlic (crushed), juice from 1/2 a lemon, and the pepper.
4. Take whole wheat pitas, and brush them lightly with extra virgin olive oil.
5. Dust them with 1 pinch of oregano, 1 pinch of pepper, and 1 teaspoon of grated Parmesan cheese.
6. Place them into a toaster oven on medium.
7. When they come out, slice them into 8 triangles with a pizza cutter.
8. Serve hummus with pitas for dipping (a serving is 2 tablespoons of hummus and 8 pita triangles).

Makes 12 servings

Nutrition Information for 12 servings: Calories: 310; Fat: 6g; Sodium: 350mg; Carbohydrate: 56g

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