

Chickpea ‘Hummus’ with Baked Chips and Vegetables

Yield: 10 servings
Preparation Time: 30 minutes
Portion Size: 1 cup (5 wt oz)
Calories Per Serving: 240 Kcal

STEP 1

1 ½ lb	Chickpeas, canned	rinsed and drained	For the hummus: Place all ingredients into a food processor and mix to form a thick puree. Can substitute canned Great northern beans for an alternative salad.
¼ tsp	Ground black pepper		
7 wt oz	Onion - medium	finely chopped	Transfer hummus to a bowl.
3 ½ wt oz	Parsley, flat-leaf	chopped	
1 ea	Lemon	juice of	
2 tsp	Cumin powder		
5 each	Garlic cloves	chopped	
4 wt oz	Kalamata olives, pitted		
1 lb	Tomatoes	diced	
3 ½ wt oz	Jalapeno peppers, deseeded	finely chopped	

STEP 2

as needed	Baked tortilla or pita chips		Serve with baked tortilla or pita chips and cut vegetables
as needed	Vegetables, raw, cut		Serving suggestion: Can, also, be served in a sandwich or wrap.