

# CLASSIC HUMMUS WITH SPICED TOASTED PITA CHIPS

**Prep Time:** 10 mins | **Cook Time:** 8 mins | **Total Time:** 18 mins | **Makes:** 2.5 cups hummus + ~40 chips

## Ingredients:

<p><i>Hummus:</i></p> <ul style="list-style-type: none"><li>• 2 - 15oz cans cooked chickpeas (garbanzo beans)</li><li>• 2 small cloves garlic</li><li>• 1/3 cup tahini (sesame seed paste)</li><li>• 1 tsp sea salt</li><li>• 1/4 cup fresh lemon juice (from 1 lemon)</li><li>• Extra-virgin olive oil, paprika, and minced parsley (as garnish)</li></ul>	<p><i>Spiced Toasted Pita Chips:</i></p> <ul style="list-style-type: none"><li>• 2 large whole wheat pitas</li><li>• 2 tsp extra-virgin olive oil</li><li>• 1/2 tsp garlic powder</li><li>• 1/2 tsp ground cumin</li><li>• 1/4 tsp sea salt</li><li>• 1/2 tsp paprika</li></ul>
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## Instructions:

1. Pre-heat oven to 400°F (204°C).
2. With kitchen shears, cut the pitas into small wedges. Arrange them in a single layer on a large baking sheet.
3. With a pastry brush, spread the oil on the pita wedges and sprinkle them generously with the spices.
4. Bake for 7-9 minutes, or until golden. Remove from oven and let cool. The chips will firm up after 5-10 minutes of cooling.
5. While pita chips bake, drain the chickpeas with cool water. Reserve a few chickpeas for the garnish.
6. With a food processor running, add the garlic to mince. Then add the chickpeas, tahini, lemon juice, and salt, and process until combined. Add 4-6 tablespoons of water to reach the desired consistency. Process until smooth, scraping down the sides as necessary.
7. Transfer the hummus to a serving bowl and top with a drizzle of olive oil, the reserved chickpeas, a sprinkle of paprika, and minced parsley. Serve with an assortment of raw veggies and Spiced Toasted Pita Chips.