

## **Lemon-Parsley Hummus with Baked Pita Chips**

Basic hummus punched up with extra parsley, lemon and garlic. This hummus makes a great snack or appetizer and pairs wonderfully with the lemon-parsley bean salad recipe above. Recipe yields about 2 cups hummus.

### **Hummus**

- 1½ cans (15 ounces each) chickpeas, rinsed and drained, or 2½ cups cooked chickpeas
- ⅓ cup fresh lemon juice
- ¾ cup chopped parsley
- ¼ cup tahini
- 2 to 5 cloves garlic, roughly chopped
- ¼ teaspoon fine grain sea salt
- Dash freshly ground black pepper
- 1 tablespoon olive oil, plus more for drizzling

### **Baked pita chips**

- Whole grain pita bread
- Olive oil
- Fine grain sea salt

### **Instructions**

1. To make the hummus: in a food processor, combine the chickpeas, lemon juice, parsley, tahini, garlic, sea salt and black pepper. Turn on the food processor and slowly drizzle in 1 tablespoon olive oil. Process until the hummus is creamy and relatively smooth, adding more olive oil or a splash of water if necessary. Add salt to taste, transfer to a serving bowl and top with a light drizzle of olive oil.
2. To bake the pita chips: preheat the oven to 400 degrees Fahrenheit. Slice your pita bread into small wedges, like you would a pizza. Brush pita wedges with olive oil on both sides, and sprinkle with sea salt. Bake for 10 minutes, flipping halfway, or until the pita chips are crisp and lightly golden.

*Recipe adapted from Ethnic Cuisine: How to Create the Authentic Flavors of Over 30 International Cuisines by Elisabeth Rozin.*