

Peanut Butter Hummus

From the National Heart Lung and Blood Institute

<http://hp2010.nhlbi.nih.gov/healthyeating/recipeDetail.aspx?linkId=1&cid=10&rid=158&AspxAutoDetectCookieSupport=1>

Ingredients

For dip:

- 2 cups low-sodium garbanzo beans (chickpeas), rinsed and drained
- ¼ cup low-sodium chicken broth
- ¼ cup lemon juice
- 2-3 Tbs. garlic, diced (about 4-6 garlic cloves, depending on taste)
- ¼ cup creamy peanut butter (or substitute other nut or seed butter)
- ¼ tsp. cayenne pepper (or substitute paprika for less spice)
- 1 Tbs. olive oil

For pita chips:

- 4 (6 1/2-inch) whole-wheat pitas, each cut into 10 triangles
- 1 Tbs. olive oil
- 1 tsp. garlic, minced (about 1 clove) (or ½ tsp. garlic powder)
- ¼ tsp. ground black pepper

Instructions

1. Preheat oven to 400 degrees F.
2. To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
3. Prepare the chips; toss pita triangles with the olive oil, garlic, and pepper.
4. Bake chips on a baking sheet and bake for 10 minutes, or until crispy.
5. Arrange pita chips on a platter, or serve with the hummus.

Make 8 servings / Serving size: ½ cup hummus and 5 pita chips

Nutrition information per serving:

Calories	235
Carbohydrates	32 g
Dietary Fiber	5 g
Protein	9 g
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg

