

Chick Pea Dip (Hummus) with Whole Wheat Pita

Chick pea dip or hummus is a high fibre dip. When combined with a whole wheat pita it becomes a very high fibre choice. Beans are an alternative to meat and Canada's Food Guide suggests eating them often.



Ingredients:

1 – 19 ounce can	Chick peas, drained and rinsed	1 – 540 mL can
¼ cup	Sesame seed paste	60 mL
1 clove	Garlic, minced	1 clove
¼ cup	Fresh lemon juice or 1 Tbsp (15 mL) bottled lemon juice	60 mL
	Parsley sprigs and lemon wedges for garnish (optional)	
3 small	Whole wheat pitas	3 small

Directions:

1. Combine chick peas, sesame seed paste, garlic and lemon juice in a food processor or blender.
2. Blend for 2–3 minutes to a smooth paste. Add water if mixture is too thick.
3. Place in a serving bowl. Garnish with parsley sprigs and lemon wedges.
4. Cut each whole wheat pita into 6 triangles.

Serve hummus with whole wheat pita triangles.

Makes 6 servings (60 mL/ ¼ cup/ 113 g dip, 3 pita triangles)

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Nutrition Facts	
Per 1/6 recipe (60 mL /1/4 cup/113 g dip, 3 pita triangles)	
Amount	% Daily Value
Calories 210	
Fat 7 g	11 %
Saturated 1 g + Trans 0 g	5 %
Cholesterol 0 mg	
Sodium 350 mg	15 %
Carbohydrate 32 g	11 %
Fibre 6 g	24 %
Sugars 1 g	
Protein 8 g	
Vitamin A	0 %
Vitamin C	15 %
Calcium	15 %
Iron	20 %

Nutrient Claim	Amount per serving
Very high in fibre	7 g
Low in saturated fat	1 g
Source of potassium	258 mg
Source of calcium	137 mg
Very high in magnesium	77 mg
Very high in folate	73 mcg
Very high in iron	3.8 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	0
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Most Often recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.

<p>Special Equipment Required:</p> <ul style="list-style-type: none"> • Food processor or blender
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