

Green Machine Hummus with Homemade Pita Chips

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Hummus is a wonderful dip to add into your diet because it contains plant-based protein and fiber. Using edamame, a soy bean, adds extra protein and makes it a fun green color. Buying frozen edamame is a great hack when trying to keep veggies on hand.

Ingredients: Hummus

1 cup shelled frozen edamame, thawed
1 cup fresh spinach
1 cup canned chickpeas, drained and rinsed
¼ cup lemon juice
1 tablespoon olive oil
1 tablespoon hempseeds
3 cloves of garlic, minced
3 tablespoons tahini
½ teaspoon cumin
Salt and pepper to taste

Ingredients: Pita chips

1 package whole wheat pita
1 teaspoon olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1 tablespoon chopped basil
Salt and pepper to taste



Directions:

For hummus

1. Add edamame, chickpeas, hempseeds, spinach, olive oil, tahini, cumin, garlic and salt to a food processor. Blend mixture on high for about one minute.
2. If hummus is too thick for your liking, add 3-4 tablespoons of water to thin it out.
3. Once hummus is desired consistency, remove from food processor. Pair with carrots, pita chips or spread on a sandwich.

Directions:

For Pita:

1. Preheat oven to 350 degrees.
2. Gently brush pita pockets with olive oil. Sprinkle seasonings on each pita.
3. Slice pitas into 4 triangular sections.
4. Arrange on a baking sheet. Bake for about 10 minutes, until golden brown. Watch carefully to ensure that they don't burn.

Yield: 6 servings (hummus and pita)

Nutrition Facts: Hummus

140 Calories; 9 g Fat (1 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 60 mg Sodium; 10 g Carbohydrate (3 g Fiber, 2 g Sugar, 0 g Added Sugar); 6 g Protein; 0% DV Vitamin D; 4% DV Calcium; 8% DV Iron; 6% DV Potassium

Nutrition Facts: Pita

100 Calories; 3.5 g Fat (0 g Saturated Fat; 0 g Trans Fat); 0 mg Cholesterol; 115 mg Sodium; 17 g Carbohydrate (2 g Fiber, 1 g Sugar, 0 g Added Sugar); 3 g Protein; 0% DV Vitamin D; 4% DV Calcium; 4% DV Iron; 2% DV Potassium