

## HUMMUS WITH PITA CHIPS

2 garlic cloves, minced (use garlic press)  
250 mL canned chick-peas (garbanzo beans) drained + rinsed  
15 mL lemon juice  
5 mL tahini paste  
25 mL olive oil +  
30 warm water  
2 mL salt  
2 mL dried parsley  
1 mL pepper  
5 whole pitas (each one cut into 6)  
extra olive oil for brushing on the pitas

### Method:

1. Preheat your oven to 350 F. Brush both sides of each pita with olive oil. Sprinkle one side with a little salt. Cut each pita pizza style into 6 triangles.
2. Lay the triangles out on the large cookie sheet. You should have 30 triangles in total on the sheet. Bake for 5-10 mins or until crisp on both sides. Turn half way thru baking.
3. In a food processor pour in warm water first, then add the lemon juice, garlic and spices. Blend once. Then add the chick peas and blend till smooth. Slowly pour in the 25 mL of olive oil as it is blending.
4. If not smooth you can add a little bit of extra warm water. Process until smooth. It should be thick but not grainy.
5. Transfer to a white soup bowl. Taste it and season to taste adding in the parsley and any extra salt and pepper if needed.
6. Drizzle with extra olive oil. Place the bowl in the center of a large dinner plate and in a circular pattern, lay all of the pita chips around the bowl, pointed end in toward the bowl. Serve.