Michele Sodon

NUTRITION PER SERVING:

CALORIES	235
PROTEIN	9 G
CARBOHYDRATE	32 G
TOTAL FAT	9 G

PREP TIME:	20 MINUTES
COOK TIME:	10 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1/3 C HUMMUS AND 5 PITA CHIPS

FOR DIP:

2 C	LOW-SODIUM GARBANZO BEANS (CHICK PEAS), RINSED
¼ C	LOW-SODIUM CHICKEN BROTH
¼ C	LEMON JUICE
2-3 TBSP	GARLIC, DICED (ABOUT 4–6 GARLIC CLOVES, DEPENDING ON TASTE)
¼ C	CREAMY PEANUT BUTTER (OR SUBSTITUTE OTHER NUT OR SEED BUTTER)
¼ TSP	CAYENNE PEPPER (OR SUBSTITUTE PAPRIKA FOR LESS SPICE)
1 TBSP	OLIVE OIL

FOR PITA CHIPS:

4	(6½-INCH) WHOLE-WHEAT PITAS, EACH CUT INTO 10 TRIANGLES
1 TBSP	OLIVE OIL
1 TSP	GARLIC, MINCED (ABOUT 1 CLOVE) (OR ½ TSP GARLIC POWDER)
¼ TSP	GROUND BLACK PEPPER

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PEANUT BUTTER HUMMUS

BRING OUT THE VEGGIES OR PITA CHIPS—TRY THIS IRRESISTIBLE COMBINATION OF PEANUT BUTTER AND HUMMUS . . . WITH A SPICY KICK!

01 Preheat oven to 400 °F.

02 To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.

03 To prepare the chips, toss the pita triangles with the olive oil, garlic, and pepper.

04 Bake chips on a baking sheet in a 400 °F oven for 10 minutes, or until crispy.

05 Arrange pita chips on a platter, and serve with the hummus.

Note: If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

✔ Younger children can break apart the pita bread. Older children can make the recipe themselves.