

Spinach Hummus

Adapted from FRESHFARM

Makes 8 servings

Ingredients

1 can (15 ounce) garbanzo beans
1/4 cup tahini
2 cloves garlic
1 cup fresh spinach leaves
3 tablespoons olive oil
3 tablespoons lemon juice
1/4 teaspoon salt

Pita Chips

1 package pita bread
3-4 tablespoons olive oil
Salt



Photo credit: One Green Planet website

Instructions for Hummus

Rinse and drain garbanzo beans. In a food processor, blend garbanzo beans and tahini until creamy. Add garlic, spinach, olive oil, lemon juice, and salt and blend all ingredients together. If hummus is too thick, blend more and add 1 tablespoon of water at a time until desired consistency is reached. Hummus should be smooth and creamy.

Instructions for Pita Chips

Preheat oven to 400°F. Cut pita bread into strips or wedges. Place in a large bowl, drizzle with olive oil, and toss to coat. Lay the pita pieces on a baking sheet in a single layer, using more than one pan if needed. Sprinkle with salt and bake until crispy, approximately 10 minutes.

Note:

To make the recipe gluten free, serve hummus with gluten-free crackers or corn chips instead of pita chips.