

Dill Pickle Hummus with Pita Chips



Servings: 10

For the Dill Pickle Hummus:

1 can chickpeas (16-ounces)

1 lemon, zested and juiced

1 1/2 tablespoons tahini

2 garlic cloves

1/2 cup dill pickle, chopped

1/4 cup dill pickle juice

1/2 teaspoon salt

2 tablespoons olive oil

For the Pita Chips:

5 pita bread rounds

olive oil

salt

For the Dill Pickle Hummus:

Drain and rinse the chickpeas. Add to a food processor.

Add the remaining ingredients to the food processor. Blend until smooth.

For the Pita Chips:

Brush both sides of each pita bread with olive oil and cut into 8 triangles.

Spread out in an even layer on a baking tray and season with salt.

Bake in a 350°F oven for 8-10 minutes until golden brown. (The chips will get crispy as they cool.)

Serve with the hummus.

Per Serving (excluding unknown items): 128 Calories; 4g Fat (29.8% calories from fat); 4g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 374mg Sodium; 1g Total Sugars; 0mcg Vitamin D; 45mg Calcium; 1mg Iron; 79mg Potassium; 53mg Phosphorus. Exchanges: .