

Caramelized Onion Hummus with Pita Chips



Servings: 6

For the Caramelized Onions:

2 teaspoons olive oil

1 large onion, sliced

1 pinch salt

For the Hummus:

1 can chickpeas (16-oz)

1/4 cup liquid from the can of chickpeas

1 lemon, zested and juiced

1 1/2 tablespoons tahini

2 garlic cloves

2 tablespoons olive oil

salt and pepper, to taste

For the Pita Chips:

5 pita bread rounds

olive oil

salt

For the Caramelized Onions:

Heat olive oil in a frying pan over medium-low heat. Add sliced onions with a pinch of salt. Stir frequently so the onions caramelize evenly. Once the onions are browned remove from the heat and allow to cool.

For the Hummus:

To a food processor add chickpeas, chickpea liquid, lemon zest, and juice, tahini, garlic, olive oil, caramelized onion, salt, and pepper. Blend until smooth.

For the Pita Chips:

Brush both sides of each pita bread round 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 the pita chips with the hummus.

Enjoy!

Per Serving (excluding unknown items): 231 Calories; 9g Fat (33.0% calories from fat); 6g Protein; 33g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 297mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 69mg Calcium; 2mg Iron; 135mg Potassium; 90mg Phosphorus. Exchanges: .