

Red Pepper Hummus Pita Sandwiches

Recipe of the Month June - 2012



Roasted red peppers give hummus an added zing loaded with vitamin C, an antioxidant that helps protect the body from damage.

Prep Time: 15 Min

Start to Finish: 15 Min

Makes: 8 sandwiches; 4 servings

INGREDIENTS

Hummus



- 1 (15 oz.) can Chick Peas, drained, rinsed
- 1 tablespoon lemon juice
- 1 tablespoon olive or vegetable oil
- 2 garlic cloves, chopped
- 1/3 cup drained roasted red bell peppers (from 7.25-oz jar)

Sandwiches

- 8 lettuce leaves
- 1 cucumber, thinly sliced

4 (6 inch) whole wheat pita (pocket) breads, halved

DIRECTIONS

1. In food processor bowl with metal blade, combine chick peas, lemon juice, oil and garlic; process 1 to 2 minutes or until smooth. Add roasted peppers; process 30 to 60 seconds or until peppers are finely chopped.
2. To assemble sandwiches, place lettuce leaf and cucumber slices in each pita bread half. Spoon about 3 tablespoons hummus in each.

Recipe Provides: Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 1c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	340	Calories from Fat:	60
Total Fat:	7 g	Saturated Fat:	1 g	Cholesterol:	0 mg
Sodium:	330 mg	Dietary Fiber:	10 g	Total Carbohydrate:	55 g
Sugars:	7 g	Protein:	13 g		



Recipe adapted from www.eatbetterearly.com