Baked Pita Wedges with Parsley Hummus
Makes 8 servings

**Baked Pita Wedges:**
8 Whole Wheat Pita Pockets (6”), separated and cut in wedges
4 tbs Extra Virgin Olive Oil
3 tsp Garlic Salt

Pre-heat oven to 400°F. Lightly brush pita wedges with olive oil. Sprinkle with garlic salt. Bake for 7-10 minutes

**Parsley Hummus:**
1 can (15 oz) Garbanzo Beans, rinsed and drained
1/4 cup Water
1 tbs Extra Virgin Olive Oil
2 tbs Lemon Juice
2 cloves Garlic, minced
1/2 cup Parsley, fresh, chopped

Combine all ingredients, except parsley, in a food processor or blender and process or blend until smooth. Pulse or stir in the parsley. Serve with baked pita wedges.

**Nutrition information (per serving):**
Total Calories: 175 Total Fat: 4g Saturated Fat: 0g Carbohydrates: 24g
Protein: 10g Fiber: 7g Sodium: 414mg

**Food For Thought:**
Dietary fiber comes in two forms, insoluble fiber and soluble fiber; each type of fiber provides its own benefits when consumed.

**Insoluble fiber:**
* May decrease risk (slow progression) of cardiovascular disease
* Slows gastric-emptying rate, making you feel fuller longer and eat less
* Good sources include whole wheat breads and cereals, wheat bran, rice, barley, cabbage, beets, carrots, brussel sprouts, cauliflower, and apple skin.

**Soluble Fiber:**
* May decrease risk of cardiovascular disease
* Reduces LDL cholesterol levels
* Good sources include oats, beans (garbanzo, black, pinto, etc.), peas, rice bran, barley, citrus fruits, strawberries, apple pulp.

Recipe provided by Maria Roberts, student intern 1/08
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