

Baked Pita Wedges with Parsley Hummus

Makes 8 servings Estimated Cost per Serving: \$0.50



Baked Pita Wedges:

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

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

Parsely 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

1. Combine all ingredients, except parsley, in a food processor or blender and process or blend until smooth.
2. Pulse or stir in the parsley
3. 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

Questions or Comments call Rebecca Gruenes, MS, RD, LD Minnesota State University
Mankato Nutrition Health Educator, 507-389-5689, rebecca.gruenes@mnsu.edu