

Whole wheat pita chips

Four whole wheat pitas

3 Tb of olive oil

1/2 teaspoon garlic powder

1 teaspoon of lemon pepper

Sea salt to taste

Cut Whole wheat pita into 8 slices and brush with olive oil and your favorite spices (suggestion: combination of lemon pepper and garlic powder)

Bake @400 for about 10 minutes on a parchment lined baking sheet until crispy and browned. In a small bowl, whisk the oil, garlic powder, and lemon pepper until combined. Brush each pita with the mixture on both sides. Give them a light sprinkle of sea salt. Bake at 400 degrees on a parchment lined baking sheet until crispy and browned. Cool.

Hummus

2 cups of cooked chickpeas (canned is fine; reserve 1/4 cup of the liquid)

1 garlic clove (I always roast mine but that is optional)

1 Tb olive oil

1/4 cup tahini

1/4 cup freshly squeezed lemon juice

1/4 cup reserved chickpea liquid or water

1/4 teaspoon lemon pepper

sprinkle of crushed red pepper (optional)

sea salt to taste

Place all ingredients in a food processor (except salt) and process until smooth and creamy. Add salt. Add more olive oil or reserved chickpea liquid to thin if desired. Spoon into a bowl, drizzle with olive oil, add a sprinkle of lemon pepper and a couple of additional chickpeas if desired. Serve with the pita chips and fresh veggies. Cover tightly and store in refrigerator for up to 4 days.