



Creamy Guaca Hummus

A Creative and Healthy Take on Guacamole and Hummus

- 1 garlic clove, minced
 - 1 Tablespoon fresh lime juice
 - 2 Tablespoons tahini
 - 1 teaspoon soy sauce
 - 1 (15 ounce) can chickpeas, well drained*
 - 1/4 teaspoon ground cumin
 - 1/4 teaspoon ground smoked paprika
 - 1 avocado, skinned, pitted
 - 1 tomato, seeded, fine chopped
 - 3 Tablespoons minced red onion
 - 1 jalapeno, minced
 - 1/4 cup chopped parsley or cilantro leaves
 - 1 teaspoon lime juice
- Garnish: ground smoked paprika; toasted sesame seeds as desired
Serve with: lightly salted baked crisp whole wheat pita chips*

In a food processor, combine garlic, lime juice, tahini, soy sauce, and chickpeas. Add cumin, smoked paprika, and avocado flesh. Process to combine, mix for about 5 minutes until forms light hummus texture.

In a small bowl, stir together fine chopped tomatoes, red onion, jalapeno, parsley, and lime juice.

To Serve: Place hummus in center of dish; sprinkle with smoked paprika and toasted sesame seeds. Spoon guacamole raw veggie mix around the edge of the hummus. Serve with baked whole wheat pita chips.

Serves: 6 to 8

To Bake Pita Chips: Preheat oven to 375 degrees F.

Use 1 package whole wheat pita bread, cut each pita into quarters and then in half, forming about 8 triangles. Line a baking sheet with foil; lightly grease foil. Place triangles in a single layer on baking pan; lightly spray or brush with olive oil. Season lightly with salt and/or pepper as desired. Bake in preheated 375-degree F oven for 10 minutes, turning once or until crisp. Season lightly with salt and/or pepper to taste. Serves: 6 to 8

Cook's Note: *When you drain the liquid from the chickpeas, save the aquafaba liquid to use in other recipes as a substitute for eggs.

About the Recipe: Combine the idea of hummus and guacamole and the creation is a very creamy hummus spiked with lime juice and surrounded with fresh raw veggies, that can be scooped up by a crispy baked whole wheat pita chip along with the smoky cumin hummus. It is a tasty appetizer that is so attractive to serve.