



Chickpeas



CABARRUS
HEALTH
ALLIANCE

Red Pepper Hummus Pita Sandwich

Ingredients:

- Progresso Chickpeas, drained and rinsed
- Lemon juice
- Olive oil
- Garlic cloves, chopped
- Drained roasted red bell pepper
- Lettuce leaves
- Cucumber, thinly sliced
- Whole wheat pita (pocket) breads, halved

Cooking Directions:

1. In a food processor or blender, combine **1 can** of chickpeas, **1 tablespoon** of lemon juice, **1 tablespoon** oil, and **2** garlic cloves; process 1-2 minutes or until smooth. Add **1/2 cup** of roasted red peppers; process 30-60 seconds or until peppers are finely chopped.

How to serve:

- To make sandwich, place lettuce and cucumber slices in each pita bread half. Spoon about 3 tablespoons hummus in each halve.

