

# HUMMUS with ZA'ATAR SPICED SAUTEED CHICKPEAS

SERVES: 8 | SERVING SIZE: about 2 tablespoons | PREP: 5 minutes | READY: 25 minutes

## INGREDIENTS

- 1/3 cup canned chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 teaspoon za'atar
- 1 (10 ounce) container plain hummus (such as Garden Fresh Gourmet Classic Premium Hummus)
- 1 to 2 teaspoons minced fresh parsley



## DIRECTIONS

Place drained and rinsed chickpeas on paper towel and dry well. To a small skillet, add olive oil, chickpeas, and za'atar. Over low heat, sauté chickpeas 15 to 20 minutes, stirring often. Remove pan from heat and allow chickpeas to cool.

Spread hummus into a serving bowl (or leave in original container) and top with chickpeas and remaining oil and za'atar from pan. Garnish with fresh parsley and serve with assorted vegetables, whole wheat pita bread wedges, and whole grain crackers.

## NUTRITION INFORMATION PER SERVING (dip only)

82 calories, 5 g total fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 172 mg sodium, 6 g total carbohydrate, 2 g dietary fiber, 0 g total sugars, 0 g added sugars, 3 g protein, 0 mcg (0%) vitamin D, 15 mg (2%) calcium, 1 mg (6%) iron, 82 mg (2%) potassium

