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## Scallion and Roasted Pine Nut Hummus

### Ingredients:

3 tablespoons pine nuts  
1 (15-ounce) can chickpeas  
1/2 cup sliced green onion, divided  
1-2 garlic cloves, minced  
2-3 tablespoons fresh lemon juice  
1/2 teaspoon ground cumin  
1 tablespoon olive oil  
Coarse salt to taste  
4 whole-wheat pita breads, cut into 32 wedges  
Green onion slices (optional)

### Directions:

- Place the pine nuts in a small nonstick skillet over medium heat. Toast for 3-4 minutes or until lightly brown, stirring frequently to prevent scorching. Remove from heat and cool.

- Drain the chickpeas through a sieve over a bowl, reserving 1/4 cup of the liquid. Place the chickpeas, 1/4 cup green onions, and next five ingredients in a food processor and process until mixture resembles coarse meal. Add the reserved liquid and process into a smooth paste. If the mixture is too thick, add water until desired consistency. Taste for seasoning and add salt if desired. Stir in the pine nuts and remaining green onions. Garnish with more sliced green onions if desired. Serve at room temperature with the pita bread wedges.

Yield: 2 cups

### Source:

Eat, Drink, and Be Healthy by Walter C. Willet, MD