

Za'atar Hummus & Pita Chips

Source [Oaktown Spice Shop](#)

Serves 6-8

Time: 35 minutes

Vegan

Allergens: Wheat, sesame

Ingredients

Pita chips:

- 1 package whole wheat pita bread
- 2 tablespoons olive oil
- 1 tablespoon za'atar
- Pinch sea salt

Hummus:

- One 14 ounce can chickpeas, rinsed and drained
- 3 cloves garlic, whole
- Juice of 1 lemon
- ½ cup tahini
- 1 tablespoon za'atar
- ½ teaspoon sea salt
- 3-4 tablespoons olive oil



Instructions

1. Make the chips: Preheat the oven to 350°F. Line a tray with parchment paper.
2. Cut the pita in half, then separate the two halves into single layered half circles. Cut into triangles. Arrange them in a single layer on the tray. Drizzle with olive oil, za'atar and sea salt. Bake for 25 minutes, flipping halfway through.
3. Make the hummus: in a food processor or blender, combine chickpeas, garlic, lemon juice, tahini, za'atar, and sea salt. While blending, stream in olive oil until smooth. Top with additional olive oil and za'atar before serving.
4. Add fresh veggies to serve alongside the pita chips and hummus.

Foul Mudammas

Source [The Mediterranean Dish](#)

Serves 4

Time: 15 minutes

Vegan

Allergens: Wheat (pita)

Ingredients

- 2 cans plain fava beans (13 to 15 ounce cans)
- ½-¾ cup water
- Kosher salt
- ½ to 1 teaspoon ground cumin
- 1 to 2 jalapeños, chopped
- 2 garlic cloves, chopped
- Juice of 1 large lemon
- Extra virgin olive oil
- 1 cup chopped parsley
- 1 tomato, diced

To Serve:

- Warm pita bread
- Sliced cucumbers
- Green onions
- Olives



Instructions

1. In a skillet or saucepan, add the fava beans and ½ cup water. Warm over medium-high heat. Season with salt and cumin. Use a potato masher, fork, or back of a large spoon to mash the fava beans. Add the extra ¼ cup of water if needed - the mixture should not look dry or too stiff.
2. In a mortar and pestle, add the hot peppers and garlic. Smash. If you don't have a mortar and pestle, mince the peppers and garlic. Add in lemon juice and stir to combine.
3. Pour the garlic and hot pepper sauce over the fava beans. Add a generous drizzle of extra virgin olive oil. Top with chopped parsley, diced tomatoes, and a few slices of hot peppers, if you like.
4. Serve with pita bread and toppings of choice.

Notes

- The raw garlic is quite pungent. If you prefer a more mellow garlic flavor, add the garlic to the pan along with the fava beans to cook it.

Salsa Macha

Source [Isabel Eats](#)

Serves 16

Time: 10 minutes

Vegan

Allergens: Peanuts

Ingredients

- 6 tablespoons vegetable oil
- 6 dried ancho chiles, stems removed, split open, and torn into large pieces
- 5 dried guajillo chiles, stems removed
- 6 dried arbol chiles, stems removed*
- ¼ medium onion, roughly chopped
- 3 cloves garlic
- 1 ½ cups water
- ½ cup apple cider vinegar
- ½ cup peanuts, roasted and unsalted*
- ½ tablespoon salt
- ¼ teaspoon black pepper



Instructions

1. Heat oil in a large skillet or saucepan over medium-high heat. The oil should be hot enough so that when a pepper is dropped into the skillet, it will immediately start to sizzle.
2. Add the ancho chiles and pan-fry for 45 to 60 seconds, stirring constantly, until nice and toasty. Be careful not to over-toast and burn them! Using a slotted spoon, quickly transfer the peppers to a large plate and set aside.
3. Add the guajillo and arbol peppers to the skillet. Pan-fry for 45-60 seconds, stirring constantly, until toasted. Be careful not to burn them! Transfer the peppers to the same plate using a slotted spoon.
4. Add the onions to the skillet and pan-fry for 1 minute. Transfer the onions to the same plate using a slotted spoon.
5. Last but not least, add the garlic cloves to the skillet and pan-fry for 30 seconds. Transfer the garlic to the same plate and remove the skillet from the heat.
6. Transfer the pan-fried chiles, onions, and garlic to a large blender. Add water, apple cider vinegar, peanuts, salt, and black pepper. Carefully pour in any remaining oil from the skillet that was used to pan-fry the chiles.
7. Blend until smooth. Serve immediately or store in an airtight container in the fridge for up to a month.

Notes

- To make this less spicy, use 2-4 arbol chiles. To make it spicier, use 8-10.
- If peppers appear dusty or dirty, rinse and dry before using.