

Chunky Bean Dip

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<http://www.marthastewart.com/130935/chunky-bean-dip>

Yield Serves 8

grill. When bottoms are browned, about 30 seconds, flip and sprinkle rounded sides with herb mixture. Cook until both sides are browned. Cut pitas into wedges; serve warm with reserved bean dip. Garnish with reserved chopped tomato.

Ingredients

- One 15 1/2-ounce can chickpeas, rinsed and drained
- One 15-ounce can cannellini beans, rinsed and drained
- 2 cloves garlic, roughly chopped
- One 8-ounce container plain fat-free yogurt
- 1 tomato, seeded and cut into 1/4-inch dice
- 1 teaspoon ground cumin
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground pepper
- Juice of 1 lemon
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh flat-leaf parsley
- 6 rounds 8-inch pita bread
- Cooking spray

Directions

1. Place half the chickpeas and half the cannellini beans in the bowl of a food processor along with garlic and yogurt. Purée until smooth. Add remaining beans, and pulse until coarsely chopped.
2. Set aside 2 tablespoons tomato for garnish. Transfer mixture to a bowl; stir in remaining tomato, cumin, 1/2 teaspoon salt, 1/4 teaspoon pepper, and lemon juice. Set aside.
3. Heat a grill or grill pan over medium-high heat. In a small bowl, combine remaining 1 teaspoon salt, 1/4 teaspoon pepper, thyme, and parsley. Spray both sides of pitas with cooking spray, and place on