

Parmesan Pita Crisps:

1 6-inch pita bread
10 ml olive oil
15 ml grated Parmesan cheese
1 ml salt
black pepper to taste



1. Prepare for lab: apron on, hair tied, hands washed. Preheat oven to 375°F (190°C).

2. Split pita bread into 2 rounds and brush rough sides with oil. Stack rounds and cut into 8 wedges. Arrange with oiled sides up, on baking sheet. Sprinkle with Parmesan, salt and pepper.

3. Bake 6 to 8 minutes, turning baking sheet around halfway through baking time to ensure even browning.

Hummus

80 ml canned chick peas, drain and reserve liquid
20 ml tahini
15 ml lemon juice
½ clove finely minced garlic
1 ml salt
pinch cumin
parsley for garnish

1. Place chick peas, tahini, lemon juice, garlic, salt and cumin in food processor. Mix until smooth. The hummus may be a bit thick, so thin it out by adding a bit of liquid from the can of chick peas.

2. Just before serving garnish with chopped parsley.