



Makes 4 pitas
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

2 teaspoons sesame seeds
1 teaspoon poppy seeds
½ teaspoon caraway seeds
1 teaspoon granulated garlic
1 teaspoon granulated onion
1 cup purchased hummus
1 medium zucchini, quartered lengthwise and cut into ½-inch-thick slices
1 cup chopped red onion
½ cup chopped red bell pepper
2 cups chopped cooked butternut squash
4 whole grain pita bread rounds, toasted
Sea salt, to taste
Fresh thyme (optional)

Vegetable Pitass with Everything Spice Hummus

The delicious seasoning blend that tops everything bagels is just as tasty mixed into creamy **hummus** in these veggie-packed pitas.

Tender **butternut squash**, tangy red onion, sweet bell pepper, and satisfying zucchini are sautéed to perfection and spooned over a generous slather of the spice-infused hummus. Sprinkle each pita with fresh thyme, and you have an explosion of delicious flavors awaiting you in each bite.

Tip: Toasting the seeds for the spice blend brings out more flavor and aroma in the final dish. The spice mixture can be cooled completely and stored several days in an airtight container before you make the pitas.

By Nancy Macklin, RDN

- 1 In a large skillet combine sesame seeds, poppy seeds, and caraway seeds. Cook over medium 1 minute or until sesame seeds are toasted, stirring frequently. Pour into a small bowl and let cool. Stir in garlic and onion. Reserve 2 teaspoons of the spice mixture. Stir remaining spice mixture into hummus.
- 2 In a large skillet cook zucchini, red onion, and red sweet pepper over medium 4 minutes, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add butternut squash and 1 teaspoon of the reserved spice mixture. Cook 2 to 3 minutes more or until squash is hot, adding water as needed.
- 3 Spread hummus over pita rounds. Top with vegetables and sprinkle with remaining 1 teaspoon spice mixture. Season to taste with sea salt. If desired, garnish with fresh thyme.