



Serves 8
Cook Time: 35 minutes

INGREDIENTS:

FOR THE NAVY BEAN HUMMUS

1 cup dried navy beans, sorted, washed, and soaked overnight

3 tablespoons fresh lime juice (from 2 limes)

1 clove garlic

½ teaspoon freshly ground black pepper

Sea salt

¼ cup finely chopped fresh cilantro

FOR THE MIXED VEGETABLES

1 medium beet, peeled and finely grated

1 medium tomato, cored and finely chopped

4 green onions, white and light green parts finely chopped

¼ cup grated carrot

½ cup finely chopped fresh cilantro

½ jalapeño, seeded and finely chopped

1 tablespoon fresh lime juice

2 tablespoons sesame seeds

Sea salt

FOR SERVING

4 whole-grain pita breads

2 cups salad greens

Navy Bean Hummus and Mixed Vegetable Pita Pockets

Creamy, garlicky navy bean hummus and crunchy fresh vegetables are tucked into hearty whole-wheat pitas in a perfect marriage of textures, colors, and flavors.

From *The Forks Over Knives Plan*

https://www.youtube.com/watch?v=2wr0yBgdU_M

By Darshana Thacker Wendel

- 1 To prepare the hummus, place the soaked navy beans in a medium saucepan. Add 2 cups water and cook over high heat for 3 to 5 minutes. Reduce the heat and simmer, partially covered, until the beans are very tender, about 25 minutes. Remove the pan from the heat and let cool. Do not drain.
- 2 Transfer the cooled beans and their cooking liquid to a blender or food processor and add the lime juice, garlic, pepper, and salt to taste. Puree until smooth and well combined. Transfer to a medium bowl and fold in the cilantro. Cover and refrigerate until ready to serve.
- 3 To prepare the mixed vegetables, combine the beet, tomato, green onions, carrot, cilantro, jalapeño, lime juice, sesame seeds, and salt to taste in a large bowl. Toss gently to mix.
- 4 To assemble the pita pockets, lightly heat the pitas in a toaster or on a dry skillet over medium heat for about 20 seconds per side, making sure they do not get crisp.
- 5 Cut the pitas in half. Open one pocket and spread ⅓ of the hummus on one side of the interior. Spoon in some of the mixed vegetables and top with ¼ cup of the salad greens. Repeat with the remaining pita halves, hummus, mixed vegetables, and greens. Serve immediately.

Note: To make this recipe quicker, swap the dried beans for 1½ cans of navy beans, drained & rinsed. The hummus can be stored in an airtight container in the refrigerator for 3 to 4 days.