

Healthy Vegetarian Middle Eastern Hummus Quesadilla

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-middle-east-hummus-recipe>

Ingredients:

- 1 can chickpeas
- 3 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 1/2 tablespoons tahini
- 3 tablespoons water
- 1 teaspoon cumin
- 1/2 garlic clove minced
- salt
- pepper
- 1 tablespoon olive oil in an oil atomizer
- 6 Flatout Flatbreads Multigrain with Flax
- 1/2 cup pomegranate seeds
- 1/4 cup Kalamata olives pitted and minced
- 2 cups baby spinach
- 2 roasted red peppers sliced
- 4 ounces feta crumbled
- 1 teaspoon za'atar
- tzatziki for dipping

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 15 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 4 grams

8. Sodium: 620 milligrams
 9. Sugar: 3 grams
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