

## Baked Herb Pita Crisps with Roasted Carrot Dip

Serves 8 | Prep Time: 15mins | Cook Time: 45mins | Total Time: 60mins

### Ingredients

#### *Dip*

- 4 large carrots, chopped (about 500 g/1 lb)
- 6 cloves garlic
- 30 mL (2 tbsp) chopped fresh thyme or 5 mL (1 tsp) dried thyme leaves
- Pinch pepper
- 1 can (156 mL) or 150 mL (2/3 cup) low sodium vegetable cocktail

#### *Herbed Pita Crisps*

- 2 whole wheat pita pockets (15 -18 cm/6-7 inches)
- 15 mL (1 tbsp) extra virgin olive oil
- 2 mL (1/2 tsp) each dried basil and oregano leaves



### Directions

1. In large bowl, combine carrots with garlic, thyme and pepper. Add 60 ml (1/4 cup) of the vegetable cocktail and toss to coat. Spread on parchment paper lined baking sheet and roast in 200 C (400 F) oven for 45 minutes or until golden and tender. Let cool slightly.
2. Scrape carrots into food processor and add remaining vegetable cocktail. Puree, scraping down sides until smooth; set aside.
3. Herbed Pita Crisps: Separate pita pockets into 2 whole halves; place on baking sheet.
4. In small bowl, stir together oil, basil and oregano; brush over pitas. Bake in 200 C (400 C) oven for about 8 minutes or until golden and crisp. Let cool completely.
5. Break pita crisps into bite size pieces and serve with dip.

Tip: If you need more pita crisps simply double the recipe. Store pita crisps in resealable bag for up to 3 days.

Cover and refrigerate roasted carrot dip for up to 2 days. Serve at room temperature.

Nutritional Info Per Serving (1/4 pita, 30mL dip): 72calories; 2g protein; 2g total fat; 0g saturated fat; 2g fibre; 107mg sodium

Recipe developed by Emily Richards, PH Ec.

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