

STARTER & SNACK

Round 2 - Spanish Dip

4 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
5 min	5 min	2	\$1.76	740 kcal



Round 2 - Spanish Dip takes about 5 minutes from beginning to end. This dairy free, lacto ovo vegetarian, and vegan recipe serves 2 and costs \$1.76 per serving. One portion of this dish contains approximately 24g of protein, 29g of fat, and a total of 740 calories. This recipe is typical of European...

Ingredients

- ☐ 1 teaspoon minced garlic

☐ 1 tablespoons lemon juice

☐ 4 pita pockets

☐ ¼ cup spinach, reserved from Spicy Spinach Stew recipe
- ☐ ½ teaspoon ground cumin

☐ ¼ cup olive oil

☐ 2 servings Salt and freshly ground black pepper

☐ 1½ cups white beans, reserved from Spicy Spinach Stew recipe

EQUIPMENT Food processor, Bowl

Method

- 1

Watch how to make this recipe.
- 2

In the bowl of a food processor combine the white beans, spinach, garlic, cumin and lemon juice. Season with salt and pepper and pulse until almost smooth. With the machine running, drizzle in the olive oil until completely incorporated. If the consistency is too thick add a couple of tablespoons of warm water.
- 3

Cut the pita pockets into quarters and toast.
- 4

Transfer the hummus to a serving bowl and serve with the pita.

Nutrition per serving			
	740	24 g	29 g
	KCAL	PROTEIN	FAT
Saturated Fat			4.1 g · 25% of daily needs
Fibre			11.1 g · 45% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			613 mg · 27% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			4.5 mg · 5% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/round-2-spanish-dip-147787