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12 Brand New Ways to Eat Hummus

Not just a veggie dip or spread for wraps, this condiment is the secret to satisfying pasta, pizza, stuffed chicken, and even cocktails and desserts!

By [Cristina Goyanes](#)

Hummus And Veggie Pizza

Serves: 1

Ingredients:

1/4 vellow squash, cut lengthwise

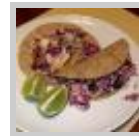
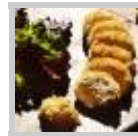
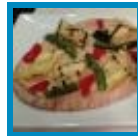
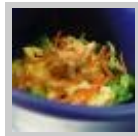


1/4 green zucchini, cut lengthwise
 1/2 red bell pepper
 4 asparagus tips
 1 6-inch whole-wheat pita
 2 tablespoons Mediterranean hummus (check the ingredients for paprika and olive oil)

Directions:

Grilled veggies or roast in a 350-degree oven (place on a foil-lined pan and mist with olive-oil [cooking spray](#)) for 30 minutes, or until slightly brown. Slice veggies into desired-size pieces. Cover pita with hummus and top with veggies.

Recipe provided by [Sharon Richter](#), a New York City-based [registered dietitian](#)



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