

White-Bean Hummus Lunch Box

By Anne Banas, [SmarterTravel](#)



Why It's Great for Travel: Most airplane food tends to be salty, high in calories, and not very wholesome. Any vegetables you do find are usually limp and unappealing. The solution? BYOV (bring your own veggies) and eat them with flavorful white-bean hummus and whole-wheat pita bread. This hummus, with a hint of garlic and paprika, is a nice twist on the classic chickpea version. (If you don't want to risk any garlicky aftertaste on the airplane, use roasted garlic instead of fresh.) You can purchase whole-wheat pita or use my recipe below, which yields a hearty bread.

(Collapsible box pictured is sold by [Smart Planet](#).)

Yield: 4 lunch boxes

White-Bean Hummus (see below)

Whole-Wheat Pita (see below)

1 red bell pepper, sliced into strips

2 celery stalks, sliced

1 cup carrots, sliced

1 cup grape tomatoes

1 cup cauliflower florets

8 small radishes, sliced

White-Bean Hummus

Yield: About 1½ cups

1 can (15 ounces) cannellini beans, drained and rinsed

¼ cup tahini paste

2 tablespoons freshly squeezed lemon juice

2 tablespoons extra-virgin olive oil

1 garlic clove, chopped

¼ teaspoon paprika

¼ teaspoon salt, plus more to taste

1. Blend beans, tahini, lemon juice, olive oil, and chopped garlic in a food processor until smooth.
2. Add paprika and season with salt.

Note: Hummus is considered a liquid/gel by the [Transportation Security Administration \(TSA\)](#). Be sure to portion out no more than 3.4 ounces per person if you are planning to take it through security.

Whole-Wheat Pita

Yield: 4 pitas

- 1 package (about 2¼ teaspoons) dry active yeast
- 1 cup warm water
- 1 teaspoon salt
- 1½ cups all-purpose flour
- 1 cup whole-wheat flour
- 1 teaspoon olive oil (optional)

1. Preheat oven to 450°F.
2. In a small bowl, dissolve yeast in warm water.
3. In a large bowl, mix salt, all-purpose flour, and whole-wheat flour. Stir in yeast mixture and olive oil (if using), and continue stirring until a soft dough forms.
4. Turn out dough onto a lightly floured surface (or place in a stand mixer fitted with a dough hook). Knead dough until smooth and elastic (about 8 minutes).
5. Divide into four pieces and form each piece into a ball. Roll each ball into a circle (about 6 inches wide) and place on a nonstick baking sheet. Cover loosely with plastic wrap and let rise until doubled in size (about 45 minutes).
6. Flip pitas over and bake for 5 to 10 minutes, until puffy and light brown.
7. Allow to cool, then slice into triangles.

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