



Roasted Beet Hummus

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 45-60 MINS

INGREDIENTS

1 medium beet, roasted
1 can (15 oz.) chickpeas, drained and rinsed
3 tbsp. tahini
1 tbsp. extra virgin olive oil
Juice of 1 lemon (~3 tbsp.)
1 garlic clove, minced
1/2 tsp. ground cumin
1/2 tsp. smoked paprika
Salt, to taste
2-4 tbsp. cold water, or use the liquid from the canned chickpeas to thin if needed

DIRECTIONS

1. Preheat oven to 400°F (204°C). Wrap the beet in foil and roast for 45-60 minutes until fork-tender. Let it cool before handling.
2. Peel and chop the roasted beet into chunks and add to the food processor.
3. Add chickpeas, tahini, lemon juice, garlic, cumin, paprika, and salt to a food processor. Blend until mostly smooth.
4. Add olive oil and water (a tablespoon at a time) until the desired creaminess is achieved.
5. Add more lemon juice or spices as desired. Blend again to incorporate.
6. Transfer to a bowl, drizzle with a small amount of olive oil if desired, and garnish with chopped parsley, feta (optional), and diced roasted beetroot.

NUTRITION

Serving size: 1/4 cup
(per serving) 196.1 calories, 12.1g fat, 1.6g saturated fat, 0mg cholesterol, 178.3mg sodium, 17.7g carbohydrate, 5.3g fiber, 4.2g sugar, 6.7g protein