

Portion Size: 1/2 Cup

## Roasted Beet Hummus

*Roasted beet and garbanzo beans with tahini and lemon*

*Yield: 6 Cups*

1 lb, 8 oz	Beets, Red, Fresh
1 lb	Garbanzo Beans, Canned, Drained, Rinsed
1/4 cup	Sesame Paste (Tahini)
4 each	Crushed Garlic Cloves
1-1/2 tbsp	Fresh Lemon Juice
1 tsp	Kosher Salt
1/2 tsp	Ground Black Pepper
1/4 cup	Cold Water
2 tbsp	Extra Virgin Olive Oil
2 tbsp	Chopped Parsley



Preheat oven to 350F degrees and dry roast beets until tender, about 45 to 60 minutes.

Peel while still warm and cut into cubes; puree in food processor until smooth. Remove beets, add the chickpeas to processor, and pulse until starting to puree. Add the tahini, garlic, lemon juice, salt and pepper; process until smooth. Add beet puree and combine. Add water to help consistency, if needed. Transfer the dip to a serving bowl, drizzle with extra virgin olive oil. Garnish with chopped parsley.

**Chef's Notes:** This vibrant red hummus is great on sandwiches or as a dip with fresh seasonal vegetables.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
130.5	4.9	15.7	6	0	225.4	0.8	4.2