

ROASTED BEET HUMMUS

INGREDIENTS

1-2 small beets

1 15 oz. can or 1 $\frac{3}{4}$ cup cooked chickpeas, rinsed and drained

2 heaping Tablespoons tahini (sesame paste)

2 garlic cloves, minced

Juice of $\frac{1}{2}$ lemon

Zest of 1 lemon, optional

$\frac{1}{4}$ cup extra virgin olive oil

$\frac{1}{2}$ teaspoon cumin

Sea salt and pepper

This delicious hummus is great as a dip for veggies and pita chips or as a spread on sandwiches. It can be stored in the fridge for up to one week.

METHOD

Preheat the oven to 400 degrees F.

Remove the beet leaves (if still attached) and wash the beet root(s) thoroughly. Drizzle with a splash of olive oil, then loosely wrap the beetroot in aluminum foil and roast in the oven for about 45 minutes to 1 hour, until tender and easily pierced by a fork. Remove from oven and allow it to cool. When cool enough to handle, peel off the skin and chop into small chunks.

Put the roasted beet into a food processor and blend for about one minute.

Add in chickpeas, tahini, cumin, garlic, and a few pinches of sea salt and freshly ground pepper.

Blend until smooth and, with the blender running, drizzle in the olive oil. Blend until fully combined.

Notes: if the hummus is too thick, add in a few teaspoons of water and blend. For a creamier texture, remove bean skins before blending.