



Beet Hummus

Ingredients

- 1 small roasted beet
- 1 15-oz. can cooked chickpeas (mostly drained // 1 can yields ~1 3/4 cup)
- 1 large lemon (zested)
- 1/2 large lemon (juiced)
- 1 healthy pinch salt and black pepper
- 2 large cloves garlic (minced)
- 2 heaping Tbsp tahini
- 1/4 cup extra virgin olive oil

Instructions

1. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
2. Add remaining ingredients except for olive oil and blend until smooth.
3. Drizzle in olive oil as the hummus is mixing.
4. Taste and adjust seasonings as needed, adding more salt, lemon juice, or olive oil if needed. If it's too thick, add a bit of water.
5. The hummus will keep in the fridge for up to a week.

To roast your beet:

- Preheat oven to 375 degrees F (190 C), remove the stem and most of the root from your beets, and scrub and wash them underwater until clean.
- Wrap beet(s) in foil, drizzle on a bit of olive or avocado oil, wrap tightly, and roast for one hour or until a knife inserted falls out without resistance. They should be tender. Set in the fridge (in a bowl to catch juice) to cool to room temperature.