



Beet Hummus

Prep time: 15 min

Cook time: 50 min

Makes: 3 1/2 cups

INGREDIENTS

- 2 small (3-ounce) beets
- 2 (15-ounce) cans chickpeas, drained and rinsed
- 2 garlic cloves
- 1/3 cup tahini
- 1/4 cup lemon juice (from 2 lemons)
- 1/4 teaspoon salt
- 2 tablespoons olive oil

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Preheat oven to 375 degrees F.
2. Scrub beets and cut off leaves. Wrap beet in foil. You can use 1 piece of foil for both beets.
3. Cook in oven for 45 minutes or until fork tender. Let cool and then peel. The peel should come off easily in your hands.
4. Add beets, chickpeas, and remaining ingredients to a food processor or blender. Process until smooth.
5. Taste and add additional salt, pepper, or lemon juice to taste.
6. Refrigerate until you are ready to eat. Enjoy hummus with chopped vegetables or pretzels!

Beets are a root vegetable that are a deep pinkish red. Adding a beet to a recipe will dye other ingredients a pinkish-red color. Beets will also stain your hands! To remove beet stains, rub your hands with lemon juice and salt. Then wash with soap and water.

The word **hummus** means “chickpeas” in Arabic. Hummus is a Middle Eastern dip or spread made with cooked chickpeas (garbanzo beans).



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