

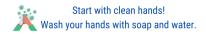
Beet Hummus

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



- 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.
- 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).







