

Roasted Beet Hummus



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Recipe makes: 20 to 23 servings (2 tablespoons per serving)

Preparation time: 25 minutes

Cook time: 1 hour 30 minutes

Equipment: one baking tray, aluminum foil, one oven, one pair of oven mitts, one set of measuring cups, one set of measuring spoons, one fork, one knife, one cutting board, one food processor, one grater, one medium mixing bowl, plastic wrap, one spoon, one rubber spatula

What you need to make this recipe:

- 2 small beets, washed and stems removed
- ¼ cup + 1 teaspoon extra virgin olive oil
- 1 540 mL (19 oz) can of chickpeas, drained and rinsed
- Zest from 1 large lemon
- Juice from 1 large lemon
- 2 large cloves garlic, minced
- 2 tablespoon tahini
- 2 tablespoons salt

How to make Roasted Beet Hummus:

1. Preheat the oven to 190°C (375°F).
2. Put one beet in the centre of a piece of aluminum foil that is big enough to wrap the beet in. Drizzle the beet with ½ teaspoon of the olive oil and wrap in the aluminum foil. Repeat for the other beet.
3. Put the beets on the baking tray. Roast the beets in the oven for 1 hour and 30 minutes or until tender.
4. Take the beets out of the oven and cool on the baking tray for 10 to 15 minutes.
5. Put the beets in a medium mixing bowl and cover the bowl with plastic wrap. Let the beets sit for 5 to 10 minutes.
6. Using clean hands or a vegetable peeler, peel the beets.
7. Cut the peeled beets into quarters.
8. Put the beets in a food processor. Process until the beets are minced.
9. Add the chickpeas, lemon zest, lemon juice, garlic, tahini, and salt to the food processor. Process until a smooth paste is formed.
10. Add 1 tablespoon of olive oil to the food processor, then process until combined. Continue adding the oil, 1 tablespoon at a time, until ¼ cup of oil is added to the hummus. If the hummus is too thick, add 1 tablespoon of water to it and process until combined. Continue adding water, 1 tablespoon at a time, until the hummus is the desired consistency.

Recipe continues on the next page.

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11. Taste the hummus. If needed, adjust the taste by adding more salt, lemon juice, or olive oil to the hummus and processing until combined.
12. Using a rubber spatula, transfer the hummus to a serving bowl. Serve the hummus with raw veggies, bread, or on a wrap.

Nutrition Facts		
Per 1 serving (2 tablespoons)		
Calories	60	% Daily Value*
Fat 3.5 g		5 %
Saturated 0.5 g		3 %
+ Trans 0 g		
Carbohydrate 5 g		
Fibre 1 g		4 %
Sugars 1 g		1 %
Protein 2 g		
Cholesterol 0 mg		
Sodium 210 mg		9 %
Potassium 50 mg		1 %
Calcium 10 mg		1 %
Iron 0.3 mg		2 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

Contains sesame.

About this recipe:

Freshly squeezed or packaged lemon juice can be used in this recipe. If using freshly squeezed lemon juice, zest the lemons before juicing them.

Beets contain carotenoids. Carotenoids are a plant chemical and a type of antioxidant. Other antioxidants include vitamin C, vitamin E, the mineral selenium, and flavonoids, another plant chemical. Antioxidants are also found in whole grains, nuts and seeds, beans and legumes, and other fruits and vegetables. Antioxidants help protect your body's cells from damage. Including foods that contain antioxidants in your diet may help lower your risk of heart disease and diabetes.

Substitutions:

To make this recipe sesame free, use plain Greek yogurt instead of tahini.

Storage information:

Roasted Beet Hummus can be stored in the fridge in an airtight container for up to 1 week.