



Roasted Beet Hummus

Prep: 15 minutes | Cook: 40 minutes | Total: 55 minutes

Yield: 8 servings | Serving Size: ¼ cup

Ingredients

1 medium beet, cut into 1-inch chunks (about 1½ cups)

4 tablespoons (¼ cup) olive oil, divided

3 cloves garlic, minced (about 1½ teaspoons)

1 lemon, zested and juiced

1 (15-ounce) can no-salt-added white beans (e.g. great northern, cannellini), drained and rinsed

2 tablespoons tahini (sesame seed paste; can substitute creamy peanut butter)

¼ teaspoon salt

¼ teaspoon ground black pepper

Directions

1. Preheat the oven to 400°F.
2. Place the beet pieces on a baking sheet and toss with ½ tablespoon of the oil. Place in the oven and roast until fork-tender, about 30-40 minutes.
3. Meanwhile add the garlic and 2 tablespoons of the lemon juice to a small bowl and stir to combine. Set aside.
4. Add ¼ cup of the roasted beet to a food processor. Pulse until broken down into small pieces.
5. Add the garlic-lemon juice mixture, ½ teaspoon lemon zest, beans, tahini, salt, and black pepper. Puree the mixture until very smooth, while slowly drizzling in the remaining 3½ tablespoons of oil, about 3-4 minutes.
6. Finely chop the remaining roasted beet. Add to a small bowl and toss with any remaining lemon zest and 1 tablespoon lemon juice. Set aside.
7. Transfer the pureed mixture to a serving dish and garnish with the chopped beet and lemon mixture.
8. Serve right away, or store in an air-tight container in the refrigerator for up to 7 days. May be frozen if desired.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 9 g | Saturated Fat: 1.5 g
Sodium: 90 mg | Total Carbohydrate: 7.5 g | Dietary Fiber: 2.5 g | Protein: 2.5 g**

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