

# Beet Hummus

## Ingredients

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### HUMMUS

- 2 small red beets
- 4 small garlic cloves
- 1 ½ cups cooked chickpeas , drained and rinsed
- 2 Tablespoons tahini
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons warm water
- ½ teaspoon cumin powder (optional)
- ½ teaspoon coriander powder (optional)
- ¾ teaspoon sea salt
- generous grind of** black pepper

### GARNISHES

- 1 teaspoon sesame seeds
- 1 Tablespoon parsley , minced
- 1 Tablespoon scallions, minced

## Method

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Preheat the oven to 400 F. Drizzle the beet with olive oil and then wrap the beets and garlic together in foil. Place on the baking sheet and roast 30-40 minutes or until the beet is fork-tender.

When cool enough to handle, peel the beet skins under running water using your hands. Chop the beet and place it in a food processor. Add the peeled roasted garlic, chickpeas, tahini, olive oil, lemon juice and water and process until smooth. Add cumin and coriander if you like. Adjust seasonings and chill until ready to use.

Garnish with sesame seeds, parsley and/or minced scallions and serve with crackers, bread or crispy raw vegetables.

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Source: [Jeanine Donofrio, https://www.loveandlemons.com/beet-hummus/](https://www.loveandlemons.com/beet-hummus/) (Yield: 1.5 cups)

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