



Beet Hummus

Recipe by Kitchen Volunteer Deb Holsapple



Ingredients



- 1/2 lb. whole beets
- 1 -15 oz. can about (1 1/2 cup) cooked chickpeas
- 1 lemon + 1/2 Tbsp. zest
- 2 Tbsp. lemon juice
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. tahini
- 1 tsp. olive oil
- 1-2 cloves garlic, minced
- 1/2 tsp. sea salt



Directions



Yield : 16 servings Serving Size: 2 oz.

1. Preheat oven to 375° F. Wash beets and coat lightly with olive oil and wrap in aluminum foil. Place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes.
2. Remove from the oven, let cool for 10 minutes, and then peel.
3. Place peeled beets as well as all remaining ingredients into food processor and blend until smooth.
4. Pour into a serving dish and serve with pita chips, carrots, and cucumbers (or any other veggie/chip of your choice).

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Fast Facts



Featured Food Groups



Cooking Tips



- Beets can be roasted or boiled.
- Additions to make the hummus you own could include garlic, extra cumin, and a touch of olive oil drizzle on top.

Nutrition Facts



Beet Hummus		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	75.7 kcal	4 %
Total Fat	3.4 g	5 %
Saturated Fat	0.4 g	2 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	120.1 mg	5 %
Total Carbohydrate	9.2 g	3 %
Dietary Fiber	2.5 g	10 %
Sugars	2.4 g	
Protein	2.9 g	6 %
Vitamin A	0 %	Vitamin C 5 %
Calcium	3 %	Iron 4 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		

Second Harvest is an equal opportunity provider.



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