



Recipe for-

Family Friendly Recipe: Roasted Red Beet Hummus

Ingredients:

- 1 large or 2-3 small fresh red beets
- 1 can chickpeas, drained & rinsed
- 3 Tablespoons fresh lemon juice
- ¼ cup olive oil
- ¼ teaspoon each; salt & pepper
- 1 clove garlic (optional)

Preparation steps:

Rinse red beets under cool running water then pat dry with a paper towel. Place each beet on a square of aluminum foil. Cover tightly and bake in 410 degree oven for 45 minutes or until the beets are tender. Pierce the beets with a fork to check for tenderness. Remove beets from oven, uncover from foil and allow to cool completely.

Remove the beet skins with a paper towel. Cut the beets into 1-2 inch pieces. Set aside.

Place all ingredients in a food processor. Puree until smooth. Taste to check seasoning, adding additional salt or pepper if needed. For an extra kick add 1 clove garlic and process until smooth.

Serve the hummus as a nutritious dip with fresh vegetables. Hummus also makes a delicious spread on your favorite sandwich! Refrigerate hummus in a sealed container for up to 8-10 days.