

Beet Hummus

Makes 2 ½ cups

Ingredients

1 medium beet, roasted

2 cups cooked chickpeas or beans

3 garlic cloves, peeled and cored

1 tablespoon tahini or 1 tablespoon toasted sesame seeds

1 tsp smoked paprika

Juice of 1 large lemon

¼ cup extra virgin olive oil

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

Method

1. Preheat Oven to 375 degrees F (190C).
2. Remove stem and roots from beet and wash.
3. Drizzle a little of the olive oil and wrap in foil.
4. Bake till tender when poked with a knife, about one hour. Let cool.
5. In a blender or food processor mash the cooked chickpeas with the rest of ingredients until smooth. Season to taste with salt and pepper.
6. Place the hummus in a medium bowl and create swirls on top. Drizzle extra virgin olive oil and sprinkle with smoked paprika.
7. Serve with pita, tortilla chips or raw vegetable slices or sticks.

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

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