



Cooking in the Kitchen at Olums

Molly Morgan RD, CDN, CSSD
*Cooking Delicious Recipes
that are Easy & Nutritious!*
Olums.com

Roasted Beet Hummus

Serves 10

Ingredients:

- 1 small roasted beet*
- 1 15-oz. can chickpeas, mostly drained
- 1 Tbsp. lemon juice
- 2 – 3 tsp. garlic, minced
- 2 Tbsp. tahini (sesame seed paste)
- 2 Tbsp. extra virgin olive oil
- *or purchase roasted beets in the produce section of the grocery store

Directions:

1. Preheat oven to 375° F
2. Prepare roasted beets: remove the stem, most of the root from your beets, peel and scrub and wash them underwater until clean. Wrap beets in foil, drizzle lightly with olive oil, wrap tightly, and roast for one hour or until tender. Cool beets to room temperature.
3. Combine all ingredients in the food processor and blend until smooth.

Serving suggestion: Serve with chopped vegetables.

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