

Roasted Beet Hummus

Recipe By *Sina Mizrahi*



Cooking and Prep:  1 h

Serves:  6

Contains: 

Preference: Parve

Difficulty: Easy

Occasion: Shabbat, Rosh

Hashanah

Diet: Vegetarian, Gluten Free,

Pescetarian

Source: Relish by Binah

Magazine

Packed with health benefits and bursting with flavor, this vibrantly colored dip has the perfect creamy texture. It's a delightful twist on the typical hummus.

Ingredients (7)

Main ingredients

- 1 small beet (or use 1 **Gefen Organic Beet** and skip the roasting step)
- 1 (15 oz) can **Haddar Chickpeas**, drained and rinsed
- 2 tablespoons **Baracke Tahini Paste**
- 2 cloves garlic, minced

- zest from 1/2 lemon
 - pinch of salt and pepper
 - 1/4 cup olive oil
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Start Cooking

For the Chumus

1. Heat oven to 400° F. Wrap beet in foil and roast in oven for 35 to 45 minutes, until a fork can easily pierce through the center. Remove from oven and allow to cool.
2. Once beet is cool, peel and quarter it. Place in food processor fitted with S-blade. Pulse 3 to 4 times, until small bits remain.
3. Add chickpeas, tahini, garlic, lemon zest, salt, and pepper, blend until smooth. Drizzle olive oil through feeding tube while the hummus is being mixed. Taste and adjust seasoning. If hummus is too thick, add a little bit of cold water.
4. Transfer to airtight container, store refrigerated for up to 1 week.

Tip:

To protect your skin from being dyed, wear disposable gloves while handling the cooked beets.