

Roasted Beet Hummus

Recipe adapted from: Sheryn Jacinto, Quantity Foods Sp 24

INGREDIENTS

- 15 1/2 oz. canned chickpeas
- 1 beet, cooked
- 1/4 c. olive oil
- 3 tbsp. mint
- 2 garlic cloves
- 1 tbsp. lemon juice
- 3/4 tsp. ground cumin
- Kosher salt

DIRECTIONS

1. Clean and dry the beet to remove excess moisture. Cut the beets into wedges. Toss with olive oil, salt and pepper.
2. Pour the beet wedges onto a foil-lined baking sheet in a single layer. Roast at 400°F until fork-tender, 20 to 30 minutes.
3. Remove the beets from the oven and let cool for 5 to 10 minutes. Peel off the skin.
4. Process chickpeas, beets, olive oil, mint, garlic, lemon juice, ground cumin, and salt in a food processor until smooth.
5. Serve with pita chips.



FUN FACT

Beets were considered an aphrodisiac by the ancient Romans and were often used for their medicinal properties. Plus, their vibrant color not only adds a beautiful hue to this hummus but also provides a boost of antioxidants! Enjoy this Roasted Beet Hummus as a delicious and nutritious treat!



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Beet-tastic Delights

BEETS are a root and grow underground similar to a carrot with a green leafy top.

SHOPPING & PREPARATION TIPS

- Beets come in red, white, golden orange, and striped.
 - FYI: Red beets can turn your urine red – if that is too shocking for you, opt for yellow or golden beets.
- Beets can be boiled, steamed, baked or eaten raw (shredded in salads or pickled).
- When cooking, keep the peel on your beets. After, simply run under cold water and the skin removes easily by rubbing it off with your hands.
 - Be sure to wear disposable gloves when peeling beets if you don't want to stain your fingers.
- Beet greens are also edible. Their flavor lands between spinach and Swiss chard. Sauté them to make a savory side dish.

PRODUCE SEASONALITY IN NJ

- Beets: Beginning of June - End of November

NUTRITION FACTS

- The beet root is a rich source of all forms of B vitamins as well as potassium, magnesium, iron and manganese.
- Betalains are phytonutrients that give beets their color. They have antioxidant and anti-inflammatory properties.
- Beet greens offer carotenoid and flavonoid antioxidants and vitamins C and A. These greens also provide more iron than spinach.

