

Roasted Beet Hummus

(Recipe from Farmhouse Pottery)

Makes 1 1/2 cups

For the Roasted Beets:

3 medium-size red beets

2 tbsps olive oil

1/2 tsp Kosher salt

For the Beet Hummus:

1 cup cooked chickpeas

2 cloves of garlic, peeled and minced

2 tbsps lemon juice, freshly squeezed

1/2 tsp ground cumin

3/4 tsp Kosher salt

1/4 tsp black pepper

2 tbsps tahini (sesame paste)

1/4 cup olive oil

For garnishing:

Handful of Sprouted greens

olive oil for drizzle

To Roast the beets:

Pre-heat oven to 400 F degrees. Remove and discard greens from fresh beets and rinse under running cold water. Place beets on a sheet of aluminum foil, drizzle with olive oil, and sprinkle with salt and pepper. Wrap loosely and roast for 40-50 minutes. Peel under running cold water when it is cool enough to handle.

To make the hummus:

Place all ingredients in the bowl of a food processor and process until smooth, scraping the sides of the bowl a few times to ensure even mixing.

Drizzle with olive oil and garnish with sprouts. Serve.

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