

Beet Hummus

10 Servings • 1 Serving = 2 Tablespoons



INGREDIENTS

- 1 medium beet, washed and trimmed or 1 (15 ounce) can of beets
- 1 (15 ounce) can of garbanzo beans, rinsed and drained
- 2 Tablespoons tahini
- Juice of 1 lemon
- 1-2 Tablespoons water
- 1 garlic clove, smashed
- ¼ cup extra virgin olive oil
- ½ teaspoon salt
- ¼ cup parsley, chopped

DIRECTIONS

1. To cook the beet, wrap in foil and place on a small baking dish. Bake in a 375°F preheated oven until very tender, about 45 minutes - 1 hour. Once cool, rub the peel off with a paper towel and chop into large chunks. Alternately, use 1 cup of canned beets, rinsed well.
2. Combine the garbanzo beans, tahini, lemon juice, water, garlic, and cooked beet in a food processor or blender. Process until smooth. You may need to add additional water to help the motor run.
2. With the motor running, add the olive oil in a steady stream until incorporated with the bean puree.
3. Season with salt and stir well.
4. Garnish with parsley.

Nutrition Facts

10 servings per container
Serving size 2 Tablespoons

Amount per serving

Calories 110

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 1mg 6%

Potassium 114mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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