

Beet Hummus

10 Servings • 1 Serving = 2 Tablespoons

Tips on Beets



How To Store

Store whole, unwashed, with greens removed, in a plastic bag. Keep in refrigerator crisper drawer for 2–3 weeks.



How To Use

Roast, boil, or steam whole beets until tender, then peel & slice to desired size.



Health Benefits

Rich in fiber, aids digestion. Low in calories & naturally sweet.

INGREDIENTS

- 2 cups fresh baked beets, washed and trimmed, or 1 – 15 ounce can of beets, drained and rinsed
- 1 – 15 ounce can of garbanzo beans, rinsed and drained
- 2 Tablespoons tahini
- 2 Tablespoons lemon juice
- 1-2 Tablespoons water
- 1 teaspoon fresh garlic, smashed, or ¼ teaspoon garlic powder
- ¼ cup extra virgin olive oil
- ½ teaspoon salt
- ¼ cup parsley, chopped

DIRECTIONS

1. If using fresh beets, wrap in foil and bake at 375°F for 45–60 minutes, or until tender. Cool, peel, and cut into large pieces. If using canned beets, drain and rinse.
2. Add beets, garbanzo beans, tahini, lemon juice, water, and garlic to a food processor or blender. Blend until smooth, adding more water as needed.
3. Slowly add olive oil while blending until well combined.
4. Stir in salt. Transfer to a bowl and garnish with parsley. Serve.

Nutrition Facts

10 servings per container
Serving size 2 tbsp (44g)

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 7g	3%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 69mg	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.



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Hummus de emolacha

10 Porciones • 1 Porción = 2 Cucharadas

Consejos Sobre las Remolachas

Cómo Almacenar



Guárdalos enteros, sin lavar y sin hojas, en una bolsa de plástico. Mantenlos en el cajón para verduras del refrigerador durante 2–3 semanas.



Cómo Usar

Asa, hierve o cocina al vapor las remolachas enteras hasta que estén tiernas, luego pélas y córtalas en rodajas.



Beneficios Para la Salud

Rico en fibra para la digestión. Bajo en calorías y naturalmente dulce.

INGREDIENTES

- 2 tazas de betabel fresco horneado, lavado y sin tallos, o 1 lata (15 onzas) de betabel, escurrido y enjuagado
- 1 lata (15 onzas) de garbanzos, escurridos y enjuagados
- 2 cucharadas de tahini
- 2 cucharadas de jugo de limón
- 1–2 cucharadas de agua
- 1 cucharadita de ajo fresco, machacado, o $\frac{1}{4}$ de cucharadita de ajo en polvo
- $\frac{1}{4}$ de taza de aceite de oliva extra virgen
- $\frac{1}{2}$ cucharadita de sal
- $\frac{1}{4}$ de taza de perejil picado

PREPARACION

1. Si usas remolachas frescas, envuélvelas en papel de aluminio y hornea a 375°F durante 45–60 minutos, o hasta que estén tiernas. Deja enfriar, pélas y córtalas en trozos grandes. Si usas remolachas enlatadas, escúrrelas y enjuágalas.
2. Agrega las remolachas, los garbanzos, el tahini, el jugo de limón, el agua y el ajo a un procesador de alimentos o licuadora. Mezcla hasta obtener una textura suave, agregando más agua si es necesario.
3. Agrega el aceite de oliva lentamente mientras mezclas hasta que esté bien incorporado.
4. Incorpora la sal. Pasa a un bol y decora con perejil. Sirve.

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Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 8%

Total Carbohydrate 7g 3%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 1mg 6%

Potassium 69mg 2%

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