

Five-Flavored Beet Hummus Recipe

Five flavors blend together to create a beautiful and delicious snack. Serve this beet hummus with bread, crackers, or veggies, or as a spread on sandwiches.



What you'll need...

- 2 medium beets
- 1/4 cup plus 1 tablespoon olive oil, divided
- 3/4 teaspoon salt, divided
- 1 (15-ounce) can chickpeas
- 1/2 cup tahini
- 3 garlic cloves, mashed and minced
- 1 teaspoon cumin powder
- 2 teaspoons turmeric powder
- 2 teaspoons fresh lemon zest
- 3 tablespoons fresh lemon juice
- Freshly ground black pepper, to taste

- 1 Begin by cooking the beets. Preheat the oven to 350°F. Wash the beets and then cut them into 1/2-inch cubes. Peel only if desired. Place them on a single layer in a baking pan, drizzle with 1 tablespoon olive oil and 1/4 teaspoon salt, and stir to mix.
- 2 Bake the beets for 30 to 40 minutes or until they are tender. Stir once during cooking. The beets can be cooked up to three days in advance if desired.
- 3 Now for the hummus. Drain the chickpeas and reserve the liquid.
- 4 Place all the remaining ingredients, including the beets but excluding the reserved chickpea liquid, in a food processor.
- 5 With the food processor running, slowly add the reserved chickpea liquid until the mixture is smooth. You may or may not use all of the reserved liquid.
- 6 Taste the hummus and add additional salt, pepper, and lemon juice to taste.
- 7 Serve this beet hummus with crackers or a variety of vegetables for dipping (carrot sticks, watermelon radish slices, cucumber slices, etc.).