

Roasted Beet Hummus

This beautiful hummus is full of healthy antioxidants and is a delicious twist on a classic dip!

Serves 12



Ingredients

- 3-4 beets, scrubbed, stems removed
- ½ cup olive oil
- 3 tablespoons tahini
- Juice of 1 lemon
- 2-3 cloves of garlic
- 1 tablespoon ground cumin
- 1½ teaspoons salt
- 1 teaspoon pepper

Directions

1. Preheat oven to 375 degrees.
2. Wrap beets in a foil packet, place on a baking sheet, and roast for 30-50 minutes until easily pierced with a fork.
3. Let beets cool, then peel. Peels should come off very easily with just your hands after they are cooked.
4. Combine beets with all other ingredients in a food processor or blender. Blend until smooth.
5. Serve immediately or refrigerate.
6. Enjoy this unique dip with flat bread, or your favorite veggies!

Nutrition Facts

Serving Size About 2 Tablespoons
Servings Per Recipe 12

Amount Per Serving

Calories 150 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

 Saturated Fat 1.5g **8%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 420mg **18%**

Total Carbohydrate 11g **4%**

 Dietary Fiber 3g **12%**

 Sugars 3g

Protein 3g

Vitamin A 0% • Vitamin C 6%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Visit our website for more great recipes and program information- <http://lpi.oregonstate.edu/healthyyouth>

