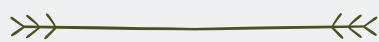


BEET HUMMUS



INGREDIENTS



4 medium beets, scrubbed clean, cooked, peeled, and cubed*

2 Tbsp tahini sesame seed paste

5 Tbsp lemon juice

1 small clove garlic, chopped

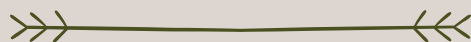
1 Tbsp ground cumin

1 Tbsp lemon zest (zest from approx. 2 lemons)

Generous pinch of sea salt or Kosher salt

Fresh ground pepper to taste

DIRECTIONS



To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4-inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork.

Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel once they have cooled.

Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.

Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

Eat with pita chips, or with sliced cucumber or celery, or on a crostini with goat cheese and shaved mint.