



#Tastemaker #TryIt

Blushing Beet Hummus

It's a two-fer! Serve it plain or make it blush with roasted veggies!

Roasting Beets:

- 2 medium sized red beets, and 2 yellow beets, leaves removed, peeled
- 1/2 tablespoon red wine vinegar
- 1 cardamom pod, optional
- 1/2 tablespoon sugar
- 1/2 teaspoon salt

Plain and Beet Hummus:

- 1 cup canned or cooked chickpeas, well drained, rinsed
- 1 Tablespoon tahini
- 1 Tablespoon lemon juice
- 1 clove garlic, peeled

1/4 teaspoon ground cumin
1/8 teaspoon ground cinnamon
1/8 teaspoon ground black pepper
1/4 teaspoon kosher salt or to taste
1/4 cup olive oil or as desired
2 to 4 Tablespoons ice cold water or as needed

For Light Beet Hummus:

one quarter small roasted red beet, mashed

For Add-on:

1/2 small roasted red beet, coarse chop
1/2 small roasted yellow beet, coarse chop
4 to 8 pickled jalapeno pepper slices
1 Tablespoon jalapeno pepper juice from jar
1 teaspoon red beet juice, as desired
Drizzles of olive oil, as desired
Minced fresh parsley as desired
Serve with scoopers, chips or crispy bread crackers.

Make the Beets: Preheat the oven to 350°F. Make two foil packets to hold the two colors of beets in deep roasting pan.

Place the red beets in one foil packet and yellow beets in the other foil packet in deep roasting pan. Combine vinegar, cardamom, sugar, and salt; divide evenly between the two prepared beet packets. Pour in water to come halfway up the beets, then cover well with foil and place in the oven to roast until a knife slides through the beets easily, around 1 hour depending on the size of the beets. Set aside.

Make Plain Hummus: Drain and rinse the chickpeas. Place in food processor or strong blender; pulse to coarse chop. Add tahini, lemon juice, garlic, cumin, cinnamon, black pepper, and salt; process to combine; slowly add oil. Blend until smooth, then slowly pour in the ice water one tablespoon at a time until desired creamy consistency. This will give you the plain hummus. If you want to serve it plain, place all the hummus in a bowl; drizzle with some olive oil and maple syrup; sprinkle with some paprika.

To Make the Beet Hummus: Remove 1 cup plain hummus from the food processor; set aside. To the remaining hummus in the food processor, add

desired amount of mashed beets to food processor; blend until smooth; add ice water if needed one Tablespoon at a time until desired consistency. Set aside.

To Serve Small Bowl Beet Hummus: Place dollop of plain hummus in small bowl; press large spoon in center and slowly turn the dish, creating higher sides and depression in the center. Add small amount of beet hummus, spoon into circle, lightly blend into plain hummus. Spoon small pieces of red and yellow roasted beets and pepper slices in center, sprinkle with small amount of pepper juice over beets; dot with red beet juice for additional color; top with minced parsley. Serve with scoopers, chips or crispy bread crackers. Serves 2 to 4 as an appetizer

Cook's Note: This recipe is designed for a small serving. If you want to serve a larger party, double the recipe. HINT- wear plastic gloves when working with red beets as they will color your hands a beautiful red color. For a smooth and fluffy hummus, use a high-powered blender.

Tastemaker Tip: If you don't like beets, try using mashed carrots, pumpkin, or even mashed berries. Become your own Hummus Michelangelo!

About the Recipe: If you love beets, this hummus will be one of your favorites. The beets are roasted, lightly pickled, and combined with plain hummus. Create your own artistic design in the center with the beets and jalapeno pepper slices. Serve with chips or crispy bread crackers