



Smoked Carrot Hummus Dip

Roast fresh carrots and serve them as a hummus-like dip

- 12 ounces fresh carrots, tops removed
- 1-1/2 Tablespoons olive oil
- 1/2 teaspoon salt
- 2 garlic cloves, peeled, sliced
- 1/2 cup canned chickpeas, drained (save liquid)
- 1/2 Tablespoon fresh lemon juice
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon smoked paprika
- 2 Tablespoons (each), chopped cilantro; chopped parsley
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 cup unsalted roasted almonds
- 1/4 cup canned chickpea liquid (aquafaba)
- Garnish:** 3 to 4 Tablespoons red pepper relish or as desired
- 2 to 3 Tablespoons whole roasted almonds

Before Starting: Preheat oven to 350 degrees F. Line shallow baking sheet with aluminum foil.

Roast Carrots: Clean carrots, split large carrots in half; leave small young carrots whole.

Toss carrots on a foil lined baking sheet with 2 Tablespoons oil and 1/2 teaspoon salt. Spread carrots out evenly on baking sheet and bake in preheated oven; stir once or twice, until very tender, about 30 to 40 minutes. Remove from oven. Lightly wrap carrots in the baking foil; let cool.

Prepare Carrot Dip: Remove carrots to food processor; process to chop carrots; add garlic, chickpeas, lemon juice, black pepper, paprika, cilantro, parsley, 1/4 cup oil, 1/2 teaspoon salt, almonds, and chickpea liquid. Process until mixture is completely smooth. Taste and adjust seasoning. If mixture is too thick, add tablespoons of chickpea liquid or olive oil.

To Serve: Transfer dip into a small bowl; drizzle red pepper relish through the dip; garnish with roasted almonds.

Serve with crackers or assorted sliced vegetables

Inspired by Chef Jamie Simpson from culinaryvegetableinstitute.com

About the Recipe: Those tender young carrots bring vibrant fresh flavor to the party. Roast them in the oven and quick mix some spices and smoked paprika for a summertime grilled taste. Add a swirl of red or green relish and a garnish of roasted whole almonds. Fresh vegetables make outstanding hummus-like dips.