



Oven Roasted Beet & Carrot Swirled Hummus

An Eastern European favorite flavor combo

Spray olive oil as needed

9 ounces fresh beets, trim, peel

9 ounces fresh carrots, trim, peel

1 (15 ounce) can chickpeas

1 teaspoon lemon juice

2 cloves garlic, peeled, sliced

2 Tablespoons Tahini

1/8 teaspoon sea salt; ground black pepper or to taste

2 Tablespoons olive oil

6 Tablespoons chickpea liquid from chickpeas or as needed

Garnish: sunflower seeds, sesame seeds; olive oil

Serve with vegetable crudites or multigrain pita chips

Before Starting: Divide a large shallow baking pan in half using two pieces of aluminum foil to line the pan. Spray olive oil over aluminum foil. Set aside. Preheat oven to 350 degrees F.

1. Peel, trim, and dice beets into cubes; evenly place into one section of prepared baking pan. Lightly spray with olive oil.
2. Peel, trim and split carrots lengthwise; evenly place flat side down into remaining section of prepared baking pan. Lightly spray with olive oil.
3. Bake in preheated 350-degree F oven for 30 minutes or until tender, stirring beets and carrots once. Remove from oven when tender; fold up foil around the carrots and then fold up foil around the beets. Set aside.
4. Meanwhile, drain chickpeas setting chickpea liquid aside. Place chickpeas in food processor; pulse to chop. Add lemon juice, garlic, Tahini, salt, black pepper, and oil; process until smooth mixture forms. Add 2 Tablespoons chickpea liquid; process until well blended and creamy appearance. Remove about 2/3 cup of mixture to a small bowl; set aside.
5. Add tender roasted carrots to the food processor; process until smooth consistency; slowly add 2 to 3 Tablespoons chickpea liquid; process until hummus texture is fluffy. Remove from processor to small bowl; set aside.
6. Rinse the food processor to remove carrot hummus. Add beets to the food processor; pulse to chop; add the reserved plain hummus; process into thicker consistency. Add 2 Tablespoons chickpea liquid slowly until desired hummus consistency.
7. **To Serve:** Place 2/3 of carrot hummus in small serving bowl; spoon beet hummus over carrot hummus, covering completely. Drop spoonfuls of remaining carrot hummus over the top; swirl the colors lightly to form a designed surface. Lightly sprinkle the top with combined sesame seeds and sunflower seeds; if desired, lightly drizzle with olive oil. Serve with vegetable crudites or multigrain pita chips. Serves: 4 to 6

Cook's Note: We purchased Petite Veggies from *The Chef's Garden*, Farmer Lee Jones

About the Recipe: A favorite flavor combination in Eastern Europe combines beets and carrots in vegetable or salad dishes. This recipe lightly swirls together beet hummus and carrot hummus, capturing their mild charred flavors. The top is sprinkled with a few sesame and sunflower seeds. It makes a fun appetizer served with veggies or pita chips.