**Roasted Beet Hummus**

**INGREDIENTS**
- 4 Small Roasted Beets, Diced
- 3 Cloves (Roasted) Garlic
- 3 Tbsp. +2 Drizzles Olive Oil
- 1 Can Chickpeas (Garbanzo Beans)
- 2-3 Tbsp. Lemon Juice
- Salt and Pepper

**INSTRUCTIONS**
1. Preheat oven to 400 and in a piece of tinfoil, wrap up beets (peeled, diced and coated with drizzle of oil, salt and pepper). Place in oven for 20-30 minutes.
2. Optional: at same time cut top off head of garlic and place in the middle of tinfoil, drizzle with oil and wrap it alongside of beets.
3. Once everything is cooked, in a food processor/blender, place your beets, garlic and canned (drained, but keep liquid aside) chickpeas, lemon juice, salt and pepper.
4. Pulse/Blend-if more liquid is needed used reserved chickpea liquid. Serve with drizzle of oil.

**SERVING SIZE:** ~1/4 Cup

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INFORMATION

- Recipe from: https://carmyy.com/tahini-free-beet-hummus/
- Beets are a nutrient packed food! They are a great source of Manganese, Folate, Potassium, Iron, Vitamin C, Magnesium, Fiber, Vitamin A and B Vitamins!
- Did you know that you can eat the beet greens? Sauté with a bit of olive oil and garlic. For a nutrient dense side dish!
- Beets can be stored in the fridge for up to 4 weeks (Remove leaves and store beets in a plastic bag in the fridge). Leave about 2 inches of the stem on the beet when storing so the beet does not bleed.

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