

Beet Hummus

RECIPE

Harvest: beets, chickpeas, lemon, crunchy garden veg like carrots, celery, or radish
Servings: 12

Supplies

- Measuring cups
- Blender
- 2 Bowls
- Pot and induction to boil beets, or bring them pre-cooked.

Ingredients

- 2 large or 3 small beets, boiled and peeled
- 3 15-oz. can chickpeas or ~ 4 cups cooked chickpeas
- 3 lemons, zested and juiced
- salt and pepper, to taste
- 3 large cloves garlic (minced)
- $\frac{1}{3}$ cup tahini
- $\frac{1}{4}$ cup extra virgin olive oil
- Pita chips and/ or crunchy veggies, for serving

Directions

- Cover beets with water, a pinch of salt and boil until fork tender. (If you have more beets than the amount called for, you can boil the whole bunch, slice them once cooled for students to taste or add them to a garden salad. Once your beets are cooled and peeled, quarter them and place in your food processor or blender. Blend until the beets are pureed.
- Add remaining ingredients except for olive oil and blend until smooth.
- Drizzle in olive oil as the hummus is mixing.
- Taste and adjust the lemon and salt as needed, adding more olive oil if it feels dry. If it's too thick, you can also add a splash of water. Serve with crunchy vegetables from the garden, pita chips or bread.

Notes

- A traditional Mediterranean dish that makes a fun bright pink dip.
- You can skip tahini if there's a sesame or sensitive nut allergy.

Recipe created for The School Garden Network's Cooking From The Garden program.