



## LEMON BEET HUMMUS

*Adapted from Sabrina Grovom, MGH Dietetic Intern*

### Ingredients

- 2 raw beets (see note for canned option)
- 1 can (15 ounces) chickpeas, drained and rinsed
- 2 cloves garlic
- 3 tablespoons tahini
- 1 lemon, zest and juice
- ½ teaspoon salt
- ½ cup olive oil

### Instructions

Wash, peel, and cut raw beets into chunks. Put a strainer into a pot and fill with water, about an inch high. Add beets into the strainer (make sure the beets are not sitting in water) and steam on medium heat for 15 to 20 minutes or until soft.

Add the beets to a blender and blend on high until only small pieces remain. Add chickpeas, garlic, tahini, lemon zest, lemon juice, and salt to the blender. Blend on high until combined (it will become a smooth hummus-like texture once the olive oil is added).

While the blender is on its lowest speed, slowly add olive oil to bring together all ingredients. If you have a blender that does not have an opening hole that is accessible when blending, add olive oil a few tablespoons at a time.

**Note:** if using canned beets, substitute 1 cup of cut and strained beets

**Yield:** 6 servings

### **NUTRITION FACTS PER SERVING** (¼ cup)

CALORIES: 130

PROTEIN: 3 grams

SODIUM: 80 milligrams

CARBOHYDRATE: 9 grams

FIBER: 3 grams

FAT: 10 grams

SATURATED FAT: 1 grams

