

Roasted Beet Hummus

Prep time: 60 min, **Ready:** 10 min

Ingredients:

- 1 (15 ounce) can no-salt added chickpeas, rinsed
- 8 ounces roasted beets, coarsely chopped and patted dry
- ¼ cup tahini
- ¼ cup extra-virgin olive oil
- ¼ cup lemon juice
- 1 clove garlic
- 1 teaspoon ground cumin
- ½ teaspoon salt

Directions:

Roasting Beets

1. Set oven to 375 degrees F.
2. Lightly coat beets with olive oil.
3. Wrap beets in aluminum foil, place on a baking sheet and let cook for 40-60 minutes or until cooked through.
4. Let cool for 10 minutes.

Making Hummus

1. Combine chickpeas, beets, tahini, oil, lemon juice, garlic, cumin, and salt in a food processor or blender.
2. Puree until smooth, 2 to 3 minutes.
3. Serve with vegetables, veggie chips, pita chips or crudité's.



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