

# Beet Hummus

Serve with whole-wheat crackers, slices of washed bell peppers, cucumbers, carrots, and celery.

Makes: 6 servings

Prep time: 10 minutes

Cook time: 30 minutes

Source: [umass.edu](http://umass.edu)

## Ingredients

- 4 medium beets, ends trimmed
- 5 tablespoons fresh lemon juice
- 1 tablespoon lemon zest
- 5 tablespoons olive oil
- 1 small garlic clove, minced
- 1 teaspoon cumin, ground
- 1/8 teaspoon black pepper
- 1 can (15.5 oz) garbanzo beans (chickpeas), rinsed and drained (optional)

## Directions

1. Wash and prepare fresh vegetables and fruit.
2. Scrub beets clean under cold water.
3. Place beets in a saucepan and cover with water. Bring to a boil and then simmer on low until tender (about 20 minutes).
4. While beets are cooking, zest 1 tablespoon of lemon.
5. Cool beets and peel.
6. Place all ingredients in a food processor or blender and pulse until smooth. Or mash together in a large bowl using a masher or fork.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1/4 cup

Nutrients	Amount
Calories:	180
Sodium:	115 mg
Total Carbohydrates:	14 g
Dietary Fiber:	4 g

## Utensils Needed

- Knife
- Cutting board
- Pot
- Food processor/blender or fork
- Can opener
- Measuring spoons

# SHOPPING LIST

Average total cost without oil and seasonings: \$3.85

Average cost/serving: \$0.64

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to Cart  
Beet Bunch



Add 1 to Cart  
Garlic



Add 1 to Cart  
Garbanzo Beans (15.5 oz)

## My Cooking Notes

