



Borscht Hummus

Beets must be the prettiest naturally-occurring colour out there, and they give this hummus a beautiful deep pink colour. This variation of hummus borrows the flavours and colours of the most famous beet soup, borscht, and turns them into a fun dip to eat with whole grain crackers, bread, or vegetables. A dollop of this on top of a roasted thinly sliced potato round with a garnish of dill would make a beautiful canape.



Serving
3 Cups



Prep
10 Minutes



Contributer
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- 2 cups Cooked chickpeas (or 1 x 19oz/540 mL can, drained and rinsed)
- 1½ cups Beets, roasted (see tip)
- ¼ cup Low-fat sour cream or plain Greek yogurt (125 mL)
- 2 cloves Garlic
- 3 tbsp Lemon juice
- 2 tbsp Chopped fresh dill (or ½ tsp / 3 mL dried)
- 2 tbsp Extra virgin olive oil
- ½ tsp Salt

1. Place all ingredients into a food processor.
2. Blend until you achieve the desired smoothness. Refrigerate and enjoy chilled as a dip or spread.

Variation

Try adding a small amount of horseradish for a fun flavor twist. You can also reserve a small amount of the roasted beets to dice for a garnish.

Tip:

Love beets but hate the hassle of peeling them (and staining your hands red in the process?) Try frozen beets! Frozen vegetables contain all of the nutrients with less preparation work. To roast frozen beets, place in a single layer on a baking sheet, toss with a small amount of oil, and bake at 425° F / 220° C for 15-20 minutes until tender.

DIETITIAN'S MESSAGE

Roasting vegetables is a great way to cook vegetables—it adds flavours and preserves nutrients. Hummus is also a great way to increase your intake of fibre and protein rich chickpeas.



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