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
Amanda Beales, MAN RD CDE

2 cups	Cooked chickpeas (or 1 x 19oz/540 mL can, drained and rinsed)
1 ½ 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.

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium on Neurodegeneration in Aging

CCNV
Consortium canadien en neurodégénérescence associée au vieillissement