

## Beet & Black Bean Party Dip

**2 cloves garlic, peeled**  
**2 cups black beans, drained**  
**1 beet, roasted**  
**Zest and juice of 1 lemon**  
**1-2 T extra virgin olive oil**  
**1 tsp ground cumin**  
**1/2 tsp cayenne pepper**  
**1/4 tsp sea salt, to taste**  
**Pepper, to taste**

Blend ingredients one at a time in food processor until smooth.  
Serve party dip with tacos or blue corn tortilla chips.

*Garden Chef Megan McCarthy, Healthy Eating 101*



ATLANTA BOTANICAL GARDEN