

Roasted Red Beet Hummus With Crudité

2-3 cloves garlic, peeled

1 beet, roasted*

2 cups garbanzo or northern beans, cooked and drained

2 T tahini

1 T extra virgin olive oil

Zest and juice of 1 lemon

1 tsp cumin

1/4 tsp sea salt

Pepper, to taste

Fresh chopped parsley, to garnish

Edible flowers, to garnish

In a food processor, pulse garlic cloves until minced. Add roasted beets. Pulse until finely chopped. Add and blend white beans, tahini, olive oil, lemon juice, cumin, sea salt and pepper. Transfer hummus to a serving bowl. Add chopped parsley and edible flowers to serve.

*Preheat oven to 400°. Wash and trim beets. Place beets on sheet of aluminum foil and drizzle with olive oil to coat. Fold and seal foil and place on baking sheet. Roast beets 50 minutes to 1 hour, until tender. Remove from heat. Allow to cool for 20 minutes before peeling with small paring knife.

Garden Chef Megan McCarthy, Healthy Eating 101



ATLANTA BOTANICAL GARDEN