

ISLAND GROWN

HARVEST OF THE MONTH

- November -

ROOT VEGETABLES

BEET HUMMUS (TAHINI FREE)

**1 19 oz can of chickpeas -
drained and rinsed**

1 Medium beet

Juice of 1/2 lemon

1 small garlic clove, minced

1/4 tsp ground cumin

1 tsp salt

1/4 tsp ground black pepper

2 tbl water or olive oil

Wash beet well, pierce with a fork, wrap in tin foil, and roast in a pre-heated 400 °F oven for 1 hour. Let cool, then remove the skin. Chop beet into small pieces.

Combine chopped beet and all other ingredients in a food processor and process until smooth. Scrape sides down and process another minute until creamy. Add more water or some olive oil if you need more liquid to blend. Salt and pepper to taste if need be.

Serve drizzled with olive oil and a light dusting of cumin and enjoy

Recipe by Gabrielle Sullo



For more information visit

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