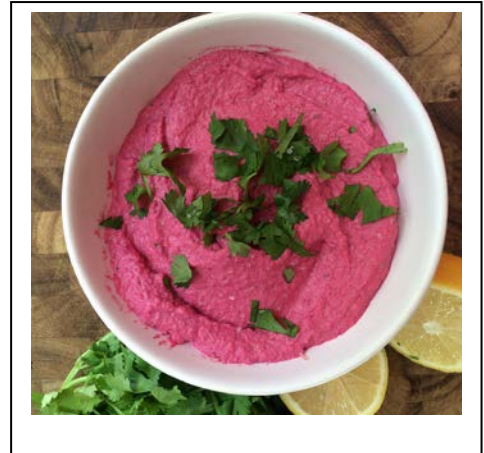


Beet Hummus

Makes ~12 servings

Ingredients

1 medium roasted beet, peeled and chopped
2 cups garbanzo beans (or one 15oz can drained)
2 cloves of garlic, minced
3 Tbsp Tahini
2-3T fresh lemon juice (juice of 1 lemon)
1/2c extra virgin olive oil
½ tsp ground cumin
1/2tsp sea salt
Freshly ground black pepper
Chopped cilantro for garnish



Provides 110 calories, 3 grams protein per 2T serving.

Instructions

1. To roast the beets, preheat the oven to 375 degrees F. Wrap beets in foil, cook 45-60 minutes until fork tender.
2. Place garbanzo beans, beets, tahini, lemon juice, garlic, salt, pepper, cumin, in a food processor and blend until smooth.
3. While the food processor or blender is running, stream in olive oil. Serve with pita, chopped vegetables, or whole grain crackers.

Nutrition Tips

- Beets contain nutrients to support a strong cardiovascular system, and have been shown to have anti-tumor properties. They also contain lutein, an important nutrient for eye health.
- Beans are an excellent source of protein, folate, and iron.
- Add extra lemon to help perk up your taste buds if experiencing taste changes.
- Add an extra long drizzle of olive oil to boost the calorie content if you are losing weight.

Recipe provided by MGH Cancer Center Dietitians