

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Beet Hummus

Serves: 8

Modified from: www.womansday.com

Items Needed: colander, cutting board, kitchen knife, measuring cups, measuring spoons, food processor

Ingredients:

- 1 (15-oz.) can reduced sodium chickpeas
- ½ c. cooked beets (can use whole, no salt added canned beets or cooked fresh beets)
- ½ c. feta cheese
- 1 garlic clove
- 2 Tbsp extra-virgin olive oil
- 1 tsp lemon zest
- 2 Tbsp fresh lemon juice
- Pinch cayenne
- ¼ tsp kosher salt
- ¼ tsp black pepper
- Pita chips, for serving
- Fresh-cut vegetables, for serving

Directions:

1. Drain and rinse the canned chickpeas thoroughly under running water.
2. If using canned beets, drain and rinse thoroughly under running water.
3. For fresh cooked or canned beets, cut each whole beet into quarters.
4. In a food processor, pulse the chickpeas, beets, feta, garlic, oil, lemon zest and juice, cayenne, salt and pepper until smooth. Serve with pita chips and/or cut vegetables.

Nutrition Information (per ¼ of recipe):

Calories: 106 Fat: 6 g Carbs: 11 g Protein: 4 g Fiber: 3 g Sodium: 213 mg