

Pretty in Pink Hummus

Ingredients:

1 medium red beet
1 large garlic clove
1 15oz can white beans, rinsed and drained
Juice of 1 lemon
¼ cup olive oil
1 tsp salt
Cup up vegetables or pita chips for serving.



Directions:

Roast and peel 1 medium red beet along with 1 large unpeeled garlic clove (see recipe below). Place the beet; the peeled garlic clove; a 15-oz can of white beans, the juice of 1/2 lemon; 1/4 cup olive oil; and 1 tsp salt into a food processor and puree until smooth.

Nutrient Information:

Amount: 1 serving	Sodium	Protein
Calories	140 mg	8 g
170	Total Carbohydrate	Vitamin D
Total Fat	26 g	N/A
5 g	Dietary Fiber	Calcium
Saturated Fat	6 g	N/A
0 g	Total Sugars	Iron
Cholesterol	5 g	N/A
0 mg	Added Sugars included	Potassium
	N/A	N/A

Source:

<http://www.parenting.com/article/beet-recipes>