



Blood Orange Beet Hummus

Prep Time: 20 minutes

Yield: 2 cups

Ingredients

3 small beets, stems removed
1-15 ounce can cannellini beans
2 tablespoons lemon juice
2 tablespoons blood orange juice
2 cloves minced garlic
¼ cup olive oil
½ teaspoon kosher salt
black pepper, to taste
2 teaspoons blood orange zest
2 tablespoons chopped fresh parsley

Preparation

1. Fill the bottom of the steamer with 2 inches of water and bring to a rapid boil. Add beets, cover, and steam for 15 minutes or when a fork easily inserts into the beets. Drain water and add steamed beets to a food processor.
2. Add cannellini beans and partial liquid from canned beans to food processor along with lemon juice, blood orange juice, garlic, olive oil, salt and pepper
3. Puree until smooth and creamy.
4. Garnish with fresh parsley + blood orange zest.

Nutrition Facts

For a Serving Size of ¼ cup (100.88g)

Calories 124.3	Calories from Fat 70.8 (57%)
	% Daily Value *
Total Fat 7.9g	-
Cholesterol 0mg	-
Sodium 318.1mg	14%
Potassium 197mg	-
Carbohydrates 11.2g	-
Fiber 3.3g	14%
Net carbs 8g	
Sugar 2.5g	
Protein 3.2g	
Vitamins and minerals	
Vitamin B6 0.3mg	22%
Vitamin C 5.7mg	10%
Vitamin E 1mg	7%
Vitamin K 19.7µg	17%
Calcium 27mg	3%
Iron 1mg	13%
Magnesium 22.7mg	7%
Phosphorus 57.5mg	6%
Zinc 0.5mg	4%
Manganese 0.5mg	28%
Folate 49.9µg	13%
Choline 19.9mg	4%

Recipe provided by Chef Teresa Hansen www.chefhansen.com