



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

# ECO-JOURNAL

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*Lakshita Lugun*

## Recipe for the month of January

This month, we bring to you the recipe for this creamy delightful beet hummus in which you can dip almost everything. It's excellent as a healthy snack, and it takes only 10 minutes!





## Beet Humus

Prep Time: 10 mins

Total Time: 10 mins

Appetizer

Cuisine: gluten-free, Mediterranean, vegan

Servings: 6

### Ingredients

1 can (14oz/400 grams) chickpeas, drained (but reserve some of the water)

7 oz (200 grams) cooked beetroots, cubed and drained

2 Tablespoons tahini sauce

1 lemon, zest, and juice

4 Tablespoons extra virgin olive oil

1 garlic clove, sliced

1 ½ teaspoon ground cumin

¾ teaspoon fine salt, or more to taste

⅛ teaspoon black pepper, to taste

Garnish (optional)

nuts (walnuts or pine nuts)

Seeds (sesame seeds, chia or poppy seeds)

Extra virgin olive oil



## Instructions

- Place all the ingredients into a food processor or in a high-speed blender.
- Blend until smooth and ultra-creamy. If it looks too thick, you might gradually add some of the reserved chickpea liquid or some water until the desired consistency is reached.
- Taste and adjust the seasoning according to your own taste. You might want to add a bit more salt, pepper, and lemon juice. Taste and adjust seasonings to your liking.
- If time allows, transfer the hummus to a container and let it rest in the fridge for about 30 minutes until the flavors can meld.
- Serve it on a large plate or in a small serving bowl; make a nice swirl on top with the back of a spoon, top with chopped walnuts, seeds, and a drizzle of extra virgin olive oil. Serve with crackers, pita bread, or crudités on the side.

## Notes

**Dried chickpeas:** if you use dried chickpeas, make sure you soak them in water overnight and cook them in boiling water until they're very soft. Drain them, and keep in mind that you need about 1 ½ cups for this recipe.

**Storage:** It keeps well in the fridge for 4 days.

**Chickpea water:** if you prefer a lighter hummus, the chickpea cooking water can be used instead of the olive oil (but it delivers less flavor).

Source: <https://theclevermeal.com/beetroot-hummus-in-5-minutes/#recipe>