

# Beet Hummus

Serves: 8

Taken from: <https://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 cup serving):

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

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

Recipes are sent to Lauren Battista and the demo kitchen at Giant Eagle with logos to be added by the Giant Eagle marketing group. **Ensure final proof before copies are made include the Medical Center logo, the Wellness Office logo and the Giant Eagle Market District logo, RD name and credentials doing the demo.**