

RECIPE | EGGPLANTS

# BEET AND EGGPLANT HUMMUS



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## INGREDIENTS

- 2 2 ct** Pure Flavor® Craft House Collection® Baby Eggplants
- 1 lb** Pure Flavor® Aurora Bites Mini Sweet Peppers, halved
- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers
- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 4** cloves of garlic
- 1** beet
- 1** lemon, zested & juiced
- 2 cups** chickpeas, drained & brine reserved
- ½ cup** tahini

## DIRECTIONS

- 1** Preheat oven to 450°F and line a sheet pan with parchment paper.
- 2** Wrap garlic in foil with olive oil and place on the sheet pan.
- 3** Cut eggplant and beet in half and brush with olive oil, placing flesh side down on parchment paper. Roast all for 30 minutes then remove from oven & let cool.
- 4** Remove eggplant skin and place the flesh in a food processor with chickpeas, beet, tahini, spices, lemon juice & zest, and slowly add chickpea brine until reaches desired thickness.
- 5** Enjoy your delicious roasted beets and eggplant hummus with your favorite mini sweet peppers, cucumbers, and tomatoes.



**45 min**

**5 min** | **40 min**  
PREP. | COOKING



**5**



**medium**