



RECIPE | EGGPLANTS

BEET AND EGGPLANT HUMMUS



45 min

5 min
PREP.

40 min
COOKING



5



medium

INGREDIENTS

22 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
1/3 cup tahini

3 tbsp olive oil
1 1/2 tsp salt
1 1/4 tsp smoky paprika
3/4 tsp cumin



DIRECTIONS

- 1 Preheat oven to 450°F.
- 2 Line a tray with parchment/baking paper, spread the eggplant pieces, and drizzle with oil, salt, and pepper. Roast for 20 minutes and flip to cook for 10 minutes or until edges are caramelized and soft.
- 3 Add lentils, vegetable broth, water, garlic, lemon peel, bay leaf, and thyme in a large saucepan over medium heat to a simmer. Place the lid, lower heat to medium-low, and cook for 20 minutes, stirring bay leaf.
- 4 Mix the dressing ingredients in a large bowl and add the lentil mix with the tomatoes, arugula, and eggplant.
- 5 Sprinkle with feta.
- 6 Serve warm or at room temp!