

Beet Hummus Recipe

2 large beets

(cubed & steamed in a double boiler
OR tossed in olive oil & oven-roasted at
400 degrees)

2 cups of your choice of pre-cooked dry
beans or chickpeas

2 large cloves of garlic, minced

Juice from 1 lemon or lime

1/2 tsp olive oil

1/2 teaspoon paprika

1/2 teaspoon cumin

1 teaspoon dried or fresh cilantro

2 tablespoons tahini (optional)

1/4 tsp salt

Pepper to taste

In a food processor add beets, beans (or chickpeas), minced garlic, lemon or lime juice, olive oil, paprika, cumin, cilantro, tahini (optional), salt and pepper. Purée all ingredients to a chunky or smooth texture, as you prefer. Garnish with dried or fresh cilantro. Enjoy with homemade flatbread!

Flatbread Recipe

4 cups whole wheat flour

2 cups warm water

2 1/2 teaspoons yeast

1 teaspoon salt

In a large bowl mix warm water, yeast and salt. Add all the flour at once and mix just until combined into a ball. Cover and let rise to double in size (1-2 hours). You can store in the refrigerator in a pre-greased ziplock bag for up to two weeks.

To use, dump mixture onto a floured surface, flatten and divide into 12 to 14 pieces. Preheat griddle over medium to high heat; do not use any oil. Roll dough into 6 inch round. Place on hot griddle; when bubbles appear (1 to 2 minutes), turn and grill for 1 to 2 minutes more.

Roll out next dough round as the first is grilling. Repeat for desired dough rounds. Return any unused dough to the fridge.