
Roasted Carrot Hummus with Fresh Fennel

Total time: 50 min Yield: 4 servings

Ingredients

2 cup carrots (peeled, sliced thin)
1/4 cup fennel bulb (sliced thin)
2 - 4 clove garlic (peeled, smashed)
3 Tbsp olive oil (divided)
1 tsp salt
15 oz chickpeas (can, drained & rinsed)
1/4 cup tahini
2 Tbsp lemon juice
1 tsp cumin
1/4 cup water (or as needed)
1/2 tsp paprika (smoked or sweet)
4 Tbsp fennel fronds (chopped)

Prep Time: 10 min Cooking Time: 40 min Total Time: 50 min

Instructions

Preheat oven to 350°F. Line a baking sheet with parchment.

In a mixing bowl, combine the carrots, fennel, garlic, 2 tbsp. olive oil and salt, to taste. Spread evenly on the baking sheet and roast for 30 minutes or until the carrots are tender when pierced.

Place the roasted carrots into a food processor and process for a few minutes until it starts to puree. Add in the chickpeas, tahini, lemon juice, cumin and water; continue to process, scraping down occasionally, until you have a smooth mixture. Adjust seasoning to taste.

Transfer mixture to a serving bowl and top with a drizzle of olive oil, paprika and fennel fronds. Enjoy with fresh veggie dippers, crackers, chips or pita bread wedges and a refreshing ginger kombucha tea.

Recipe brought to you by:

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