

Beet Hummus Bowl

Prep to table: 40 minutes | Serves: 4

The beet hummus is a straight smoke show. Words alone cannot capture the vibrant magenta and bodacious flavor. While beets dance around in the spotlight, don't forget they would be nothing without the supporting roles of fresh lemon juice and herby dill to balance the earthiness and elicit a "zomg!". You can cook the beet yourself via roasting or boiling (Google that one) or purchase it in the refrigerated section of the grocery store. This recipe makes a good amount to bedazzle charcuterie boards all week. As for this bowl, I'm suggesting cauliflower and Brussels sprouts as the main players, however, consider them interchangeable with almost any root and or cruciferous (another fun Google adventure) vegetable you have on hand.

Ingredients:

- 1 1/2 cup brown rice
- 1 leek, sliced into thin rounds
- 1 head cauliflower, chopped into bite-size florets
- 2-3 cups Brussels sprouts, halved
- 2 tablespoons of olive oil
- Salt and pepper
- Beet hummus
 - 1 cup cooked beet (about 1 beet)
 - 1 (15-ounce) can garbanzo beans
 - 1 clove garlic
 - 2 Tablespoons tahini sauce
 - 1 teaspoon dried dill
 - 3 Tablespoons lemon juice (about 1 lemon)
 - Zest of 1 lemon
 - 2 Tablespoons cold water
 - Salt to taste (start with ½ teaspoons)

Serving suggestions:

- Sliced avocado
- Toasted almonds
- Fresh chives, finely chopped

Instructions:

Cook rice according to package instructions

Set oven to 425°F.

Toss the leek, cauliflower florets, Brussels sprouts, olive oil, and ½ teaspoon salt on a large sheet pan. Spread in a single layer and roast for 30-35 minutes, or until the vegetables are tender and lightly browned. Remove from the oven, and salt and pepper to taste.

Make the beet hummus sauce by pulsing together the cooked beet, garbanzo beans, garlic, tahini, dill, lemon juice, and zest, water, and salt until smooth.

Assemble the bowls by first ladling rice into 4 bowls. Layer roasted vegetables, then a dollop of sauce. Finish with sliced avocado, a sprinkle of toasted almonds, and fresh chives.

Easy ingredient swaps

Quinoa or cauliflower rice for brown rice