ROASTED CARROT HUMMUS WITH VEGGIES

Load up on key vision-supporting nutrients with this deliciously, sweet roasted carrot hummus topped with veggies and sunflower seeds. Serve with whole grain crackers or your favorite raw vegetables!

SERVING SIZE 1/4 cup

YIELD 12 servings

METHOD Roast

- 2 cups Roasted carrot hummus
- ¼ cup Cucumbers, finely diced
- ¼ cup Red pepper, fresh, finely diced
- ¼ cup Yellow pepper, fresh, finely diced
- 2 tbsp Sunflower seeds, roasted
- 2 tbsp Cilantro, fresh, finely chopped

1. Spread hummus evenly on a flat plate or baking sheet about ½" and add to top by evenly spreading out in this order: sunflower seeds, chopped cilantro, cucumbers, red peppers and yellow peppers.

Roasted Carrot Hummus

- 1 lb Fresh carrots, peeled & sliced
- 2 each Garlic clove, whole, unpeeled
- 1 tbsp Olive oil, extra virgin
- 1 tsp Cumin
- ½ tsp Salt
- ¼ tsp Black pepper
- 3 tbsp Tahini paste
- ¼ cup Lemon juice
- 5 tbsp Water
- 3 tbsp Olive oil, extra virgin

1. Preheat oven to 400˚F.
2. On baking sheet, toss the carrots and garlic cloves with first olive oil and the cumin, salt and pepper. Roast until the carrots are tender and lightly carmelized, stirring halfway through (20-25 min). Remove from oven and let cool until warm. Remove garlic from peel.
3. In food processor, combine the roasted carrots and garlic with tahini paste, lemon juice and 5 Tbsp of water. Pulse until smooth. Add more water a half tbsp at a time as needed until you get desired consistency. With the processor running, slowly add the second listed olive oil.

PER SERVING: 90 CALORIES | 8 GM TOTAL FAT
1 GM SATURATED FAT | 0 GM TRANS FAT
0 MG CHOLESTEROL | 135 MG SODIUM | 5 GM CARBOHYDRATES
2 GM FIBER | 1 GM TOTAL SUGARS | 1 GM PROTEIN

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ELIOR NORTH AMERICA



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