

BEET HUMMUS

Culinary Intro:	Make this colorful treat for a fun alternative to typical dips and hummus.
Nutrition Intro:	

<p>Prep Time: min</p> <p>Ingredients for Click here to enter text. 10servings Each serving = 2 Tablespoons Cost per serving= \$</p> <p>Ingredients:</p> <ul style="list-style-type: none"> • 1 15-ounce can garbanzo beans, rinsed and drained OR 2 cups cooked garbanzo beans • 2 Tablespoons tahini • Juice of 1 lemon • 1-2 Tablespoons ice water • 1 garlic clove, smashed • 1 medium beet, about the size of a baseball, washed and trimmed • ¼ cup extra-virgin olive oil • ½ teaspoon salt • Freshly chopped parsley, for serving <p>Steps:</p> <ol style="list-style-type: none"> 1. Click here to enter text.To cook the beet, wrap in foil and place on a small baking dish. Bake in a 375°F oven until very tender, about 45 minutes- 1 hour. Once cool, rub the peel off with a paper towel and chop into large chunks. Alternately, use 1 cup of canned beets, rinsed well. 2. Be careful when working with beets. Their bright red color can stain hands or clothes. 3. Combine the garbanzo beans, tahini, lemon juice, water, garlic and cooked beet in a food processor or blender. Process until smooth. You may need to add additional water to help the motor run. 4. With the motor running, add the olive oil in a steady stream until incorporated with the bean puree. 5. Season with salt and stir well. 6. Serve in a large bowl with fresh chopped parsley sprinkled on top. <p>NUTRITION FACTS Serving Size = 2 tablespoons (62g); Servings per container = 10; Calories 110; Total Fat 8g (12%); Saturated Fat 1g (5%); Cholesterol 0mg (0%); Sodium 180mg (8%); Total Carbohydrate 7g (2%); Dietary Fiber 2g (8%); Sugars 2g; Protein 3g.</p>	<p style="text-align: center;">Culinary/ Nutrition Notes for Demo:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center; width: 10%; font-size: 2em;">1</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Hummus is typically found in Middle Eastern cuisine but it is a great snack or spread on sandwiches. <p>Nutrition:</p> <ul style="list-style-type: none"> • The base of beans makes hummus contain fiber and protein. • </td> </tr> <tr> <td style="text-align: center; font-size: 2em;">2</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • The beet makes the hummus have a lovely reddish-pink color and adds flavor not found in typical hummus. <p>Nutrition:</p> <ul style="list-style-type: none"> • The tahini and olive oil provide the healthy fats which are great for heart health and growth. </td> </tr> <tr> <td style="text-align: center; font-size: 2em;">3</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Demo how-to use food processor • Demo how-to chop parsley <p>Nutrition:</p> <ul style="list-style-type: none"> • Beets are a sweet, root vegetable that contains vitamins and minerals needed for the body to function properly. </td> </tr> <tr> <td style="text-align: center; font-size: 2em;">4</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> • </td> </tr> <tr> <td style="text-align: center; font-size: 2em;">5</td> <td style="padding: 5px;"> <p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> • </td> </tr> </table>	1	<p>Culinary:</p> <ul style="list-style-type: none"> • Hummus is typically found in Middle Eastern cuisine but it is a great snack or spread on sandwiches. <p>Nutrition:</p> <ul style="list-style-type: none"> • The base of beans makes hummus contain fiber and protein. • 	2	<p>Culinary:</p> <ul style="list-style-type: none"> • The beet makes the hummus have a lovely reddish-pink color and adds flavor not found in typical hummus. <p>Nutrition:</p> <ul style="list-style-type: none"> • The tahini and olive oil provide the healthy fats which are great for heart health and growth. 	3	<p>Culinary:</p> <ul style="list-style-type: none"> • Demo how-to use food processor • Demo how-to chop parsley <p>Nutrition:</p> <ul style="list-style-type: none"> • Beets are a sweet, root vegetable that contains vitamins and minerals needed for the body to function properly. 	4	<p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> • 	5	<p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> •
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Clean-up/Review comments

Culinary:

Click here to enter text.

Nutrition:

Materials	Shopping List
<ol style="list-style-type: none">1. 1 cutting board2. 1 Chef's knife3. 1 bowl for trash4. 1 serving dish for final presentation5. mise en place cups6. baking dish7. aluminum foil8. food processor9. 1 electric skillet10. 1 can opener11. 1 strainer/ sieve12. silicone spatula13. measuring cups14. measuring spoons15. paper plates/ cups/ soufflé cups16. tasting spoons17. paper towels18. tablecloth19. kitchen towel20. gloves21. copies of recipe	<p>Produce</p> <ul style="list-style-type: none">• lemon• Garlic• Beet• parsley
	<p>Dry Goods</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 15 ounce can of garbanzo beans<input type="checkbox"/> Tahini<input type="checkbox"/> Extra virgin olive oil<input type="checkbox"/> Salt
	<p>Condiments</p> <ul style="list-style-type: none"><input type="checkbox"/> <p>Paper Goods</p> <ul style="list-style-type: none"><input type="checkbox"/> Click here to enter text.
<p>Prepping for demo:</p> <ul style="list-style-type: none">• Shop for ingredients/ Ensure all ingredients are available• Rinse & dry produce• Prep & store for demo as requested in recipe• Label all mise en place items• Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo• Ensure all equipment is in place and set up table with a tablecloth• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe <p>Estimated time for preparation:</p>	