

BEET, CHICKPEA, AND ALMOND DIP

This dip is guaranteed to be a crowd-pleaser at holiday get-togethers! For a twist on traditional hummus, this recipe incorporates colorful beets and crunchy almonds to make a delicious, lower-calorie appetizer.

Yield: 2 cups dip or 16 servings (about 2 tbsp. each)

Ingredients:

- 1 large (8-ounce) beet*
- 1 cup cooked garbanzo beans (or one 15-ounce can, drained)
- 1/4 cup extra-virgin olive oil
- 1/4 cup slivered almonds
- 2 garlic cloves, peeled
- 1 1/2 tablespoons red wine vinegar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Preparation:

1. Wrap beet in aluminum foil, place on baking sheet, and roast at 400°F for 25-30 minutes. When cool, remove the skin by rubbing. Cut into 1/2-inch cubes.
2. Place beets, garbanzo beans, 1/4 cup oil, almonds, and garlic in a blender or food processor. Blend/process until smooth. Add red wine vinegar, salt, and pepper; blend well.
3. Transfer dip to medium bowl. Cover and chill; can be made one day ahead of time.
4. Bring to room temperature before serving; serve with assorted raw vegetables like carrots, celery, cucumbers, jicama, and red bell peppers.

*Note: To save time, use precooked fresh beets and skip step 1.

Nutrition Information (1 serving): 63 Calories; 1.5 grams protein; 4.5 grams fat; 0.6 gram saturated fat; 4.7 grams carbohydrates; 1.4 grams fiber; 85 mg sodium; 90 mg potassium