

SPICE OF THE MONTH CLUB:  
BEETROOT

# HOT PINK BEETROOT HUMMUS

SERVINGS: 8

TOTAL TIME: 10 MINS



## INGREDIENTS

- 2 tbsp beet powder
- 1 clove garlic crushed
- 1 15.5 oz can
- ¼ cup tahini
- ¼ cup olive oil
- 2 tbsp lemon juice (juice from one lemon)
- 1 tsp lemon zest
- salt and pepper

## DIRECTIONS

1. Add the chickpeas, lemon juice and **half** of the olive oil to a high speed blender or food processor and blend until smooth.
2. Add in the beet powder (or brine if you are using that instead) and garlic pulp and blend until smooth.
3. If the mixture seems to need more oil to become smooth, add in the remaining olive oil a little at a time. If you use brine, half the oil might be enough to achieve a hummus-like texture.
4. Add in the zest, salt and pepper to taste.

# HISTORY OF BEETROOT



BEETROOT (SOMETIMES CALLED TABLE BEET, GARDEN BEET, RED OR GOLDEN BEET, OR JUST BEET) IS A TAPROOT PART OF THE BEET PLANT. IT IS USED FOR NOURISHMENT, BUT IT ALSO HAS USE IN FOOD COLORING AND MEDICINE. IT CAN BE USED ANYWHERE BETWEEN RAW TO HEAVILY PROCESSED.

OLDEST ARCHEOLOGICAL PROOFS THAT WE USED BEETROOT IN ANCIENT TIMES WERE FOUND ON THE NEOLITHIC SITE OF AARTSWOUD IN THE NETHERLANDS AND IN SAQQARA PYRAMID AT THEBES, EGYPT, WHICH DATES FROM THE TIME OF THE THIRD DYNASTY (THIRD MILLENNIUM BC). THERE ARE ASSYRIAN TEXTS THAT SAY THAT BEETROOTS WERE GROWING IN THE HANGING GARDENS OF BABYLON IN THE 800 BC BUT THESE ARE A BIT PROBLEMATIC BECAUSE WE STILL DON'T KNOW IF HANGING GARDENS EVER EXISTED SO WE DON'T KNOW FOR SURE IF WE CAN PLACE BEETROOTS THERE, BUT WE CAN BE POSITIVE THAT MESOPOTAMIA KNEW ABOUT BEETROOTS AT THAT TIME.

ANCIENT GREEKS CULTIVATED BEETROOT AROUND 300 BC. THEY DIDN'T USE THE ROOTS OF THE PLANT AND ONLY ATE THE LEAVES. THEY NEVERTHELESS RESPECTED THE ROOT AND OFFERED IT TO THE SUN GOD APOLLO IN THE TEMPLE OF DELPHI. THEY ALSO CONSIDERED IT TO BE WORTH ITS WEIGHT IN SILVER. HIPPOCRATES USED LEAVES OF BEETROOT FOR BINDING AND DRESSING WOUNDS WHILE TALMUD, WRITTEN IN 4TH AND 5TH CENTURY, ADVISES EATING BEETROOT, AMONG OTHER THINGS, FOR LONGER LIFE. ROMANS ON THE OTHER ATE ROOTS BUT MAINLY FOR MEDICINAL PURPOSES. THEY USED IT AS A LAXATIVE OR TO CURE FEVER. THERE WERE SOME THAT USED IT AS FOOD.