

CARROT HUMMUS



Carrot hummus... hmmm... sounds interesting. This just might be Aimee's favorite dip so far.
Recipe found in Real Simple magazine.

INGREDIENTS

- 1 pound carrots, trimmed, peeled, cut into 1" chunks
- 2 Tbls. olive oil + 1/4 cup olive oil
- 1/4 tsp. ground cumin
- 1 tsp. chopped garlic
- 1/4 cup water (plus more as needed)
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/3 cup well-stirred tahini
- 1/4 cup fresh lemon juice (from 2 lemons)
- a pinch of paprika
- fresh veggies and/or gluten-free crackers

DIRECTIONS

Use a non-stick deep skillet, heat 2 Tbls. olive oil; add cumin and garlic. Add chunks of carrots, stir. Add salt and pepper.

Pour in 1/4 cup water, cover with a tight-fitting lid. Cook 15 minutes, stirring occasionally. Add more water occasionally if the water evaporates.

Once carrots are softened, cool before placing them in a high-speed blender. Add tahini, lemon juice, and 1/4 cup olive oil. Blend, scrape and blend until smooth.

Pour into a serving dish. Sprinkle a pinch of paprika and drizzle a little olive oil.

Serve with colorful fresh veggies, crackers, and/or gluten-free crackers.