PICK UP LIMES

Recipe

Roasted Lemon Turmeric Hummus

▸ ▷ Vegan, gluten-free, refined sugar-free, nut-free, one-pot

Yield: 6 servings
Prep Time: 5 min
Cook Time: 10 min
Total Time: 15 min

Ingredients: Hummus

2 cups (330 g) cooked chickpeas*
1 lemon, juiced (~2 Tbsp or 30 mL)
2 cloves garlic
1/4 cup (60 mL) tahini
1/4 cup (60 mL) water
1 Tbsp (15 mL) olive oil
1/2 tsp turmeric**
1/4 tsp curry powder (optional)
1/4 tsp salt***

Ingredients: Optional Garnish

roasted cherry tomato halves
roasted lemon slices
turmeric powder
roasted pine nuts
dried basil or oregano

Directions

1. Preheat the oven to 475F (250C). Cut the lemon in half crosswise and place cut-side up on a piece of foil or parchment lined baking sheet. Bake for 10 minutes, until tender and slightly golden. Allow to cool before extracting the juice.
2. Place all ingredients except the chickpeas in a food processor and blend on high until well combined, stopping occasionally to scrape down the sides. Then add the chickpeas and blend again until a creamy consistency is achieved.
3. Plate, garnish, serve with crackers, cut up vegetables, or enjoy in a wrap or sandwich.

Notes

1. *If cooking from dry beans, this is about 1 cup dry beans. If using canned chickpeas, this is the amount in a 500 g can.
2. ** If you're new to using turmeric, start with 1/4 tsp and add more if desired. The taste can be strong if you're not used to it.
3. *** If using canned chickpeas, be sure to rinse first. Canned chickpeas are high in salt, so taste test and add this salt at the end in the amount desired.
4. **Variations:** add spices as desired, such as cumin or garam masala while blending to vary flavours - get creative with this one! Add more tahini if you like your hummus creamier, freshly squeezed lemon if you want more zest, and 1-2 Tbsp extra water if you want thinner hummus.
5. **Speed-it-up:** using canned chickpeas speeds up the process.
6. **Storage:** store in an air-tight container in the fridge for up to one week.

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