

Cauliflower Hummus

Blog: as easy as apple pie



Servings: 5

1. Preheat the oven 400° F. Arrange cauliflower florets on parchment-lined baking sheet, sprinkle liberally with olive oil and add salt and pepper. Bake for 20-30 minutes or until tender and lightly browned around the edges. Cool cauliflower.
2. Into a food processor add the cooled cauliflower with olive oil, water, lemon juice, tahini, garlic, salt, and cumin. Puree to your liking. If it's too thick, add more water in very small amounts to get the desired consistency. Taste for salt, pepper and cumin.
3. Chill, then spoon into a serving bowl and garnish as you'd like: olive oil, nuts or seeds, red pepper flakes. Serve with raw vegetables.

CAULIFLOWER:

3 cups cauliflower, cut in florets
a drizzle of EVOO
salt and pepper

HUMMUS:

3 tablespoons tahini
2 small garlic cloves
1 1/2 tablespoons extra virgin olive oil
1 1/2 tablespoons water, plus more as needed
1/4 cup lemon juice
1/2 teaspoon salt
1/2 teaspoon ground cumin

TOPPINGS:

1 tablespoon EVOO, drizzle on top
1 tablespoon seeds, such as sunflower or sesame
1/4 teaspoon red chile flakes, minced

Per Serving (excluding unknown items): 144 Calories; 13g Fat (73.7% calories from fat); 3g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 243mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.

Carolyn T's Blog: tastingspoons.com