

Roasted Zucchini Hummus

Adapted slightly from Keto Diet App



- 3/4 pound zucchini
- 1/4 cup EVOO, divided use
- sea salt, to taste
- black pepper, to taste
- 1/4 cup tahini
- 2 medium garlic cloves
- 3 tablespoons fresh lemon juice, or more to taste
- 1/2 teaspoon ground cumin
- 2 tablespoons water (2 to 3) OPTIONAL

GARNISHES:

- 1 1/2 tablespoons EVOO
- 1/2 teaspoon both smoked paprika and cumin
- 2 teaspoons black sesame seeds (or white if that's what you have)
- fresh parsley leaves

SERVE: crackers, raw vegetables

Per Serving (excluding unknown items): 108 Calories; 11g Fat (84.8% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 10

NOTE: If eating lectin-free, peel and seed the zucchini before roasting.

1. Preheat the oven to 375°F, or 350°F (convection). Cut the ends off the zucchini, and quarter them.
2. Arrange on a baking sheet cut side up and drizzle with EVOO, using your hands to massage oil over all edges. Sprinkle with salt and pepper. Bake for 30-40 minutes or until browned on top. Do not over cook them as you do not want them to dry out.
3. To make the hummus, add all ingredients (including the remaining olive oil) except the water to a food processor and blend until smooth. Add the water if you think the mixture is too thick, using a tablespoon at a time. Taste for seasonings (lemon juice? salt?). Chill to allow flavors to meld.
4. To serve, pour into a flatter shaped bowl and use the tip of a teaspoon to create a whorl in the hummus. Drizzle with oil, and sprinkle with spices and seeds.
5. Serves 6-8 as a side served with crackers, fresh carrots and celery. Store in a sealed container in the fridge up to 5 days.