



Roasted Carrot Hummus

By Chef Veera Gaul, Ph.D.



Ingredients

1 lb baby carrots cut in half
3-4 cloves garlic
4 tablespoon O&V [Unflavored EVOO](#) (plus more for serving) – See Chef Note
1 teaspoon cumin powder
½ teaspoon kosher salt
½ teaspoon pepper
3 tablespoons tahini
1 tablespoon chopped parsley or cilantro
1 lemon, juiced
Toasted and salted pepitas or sunflower seeds for garnish

Preparation

Preheat oven to 400F. Toss carrots and garlic with the EVOO, cumin, salt and pepper. Roast for 20-25 minutes (stirring once).

Remove from the oven and cool slightly. Place carrots and garlic in a food processor with the tahini, parsley/cilantro, lemon juice. Process until smooth adding the ¼ cup chilled water one

tablespoon at a time until you achieve the consistency you like. Season with salt and pepper to taste

Transfer to a bowl, drizzle with additional EVOO and garnish with pepitas and parsley/cilantro leaves. Serve with assorted vegetables, pita bread or oven toasted pita chips, and crackers.

Serves 4

Active time: 10 minutes Total Time: 50 minutes (including time to cool the cooked carrots)

Chef Note

- The Unflavored EVOO helps bring out the sweetness of the caramelized carrots. Sometimes, I substitute with our [Moroccan Spice oil](#) for a little more heat and spice or with our [Blood Orange oil](#) to add citrusy sweetness.

Notes

* The [Unflavored EVOO](#) enhances the sweetness of the caramelized carrots. You can substitute with another high-quality oil. Most high quality EVOO's (with low acidity below 0.5) will withstand the 400F cooking temperature and remember that better quality ingredients yield tastier and healthier foods too.

Categories: Snacks & Sides, Vegetarian, Vegan, Gluten Free, Dairy Free, Carrot Hummus, Appetizer, Fall appetizer, Healthy Halloween Snack, Mediterranean Diet, Easy,