

## BEET HUMMUS AND CHICKPEA CROSTINI

Servings: 16

Total Time: 10 Minutes

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Recipe Source: [Countryliving.com](http://Countryliving.com)

### Ingredients:

1-1/2 cans chickpeas	1 beet, cooked	1/4 cup + 1/2 tbsp. olive oil
3 tbsp. fresh mint	2 Garlic cloves	1 tbsp. lemon juice
3/4 tsp. ground cumin	Kosher salt	16 whole wheat baguette slices, toasted

### Directions:

1. Preheat oven to 400 degrees F.
2. Drain chickpeas and rinse well. Process 1 can of chickpeas, beet, 1/4 cup olive oil, mint, garlic, lemon juice, ground cumin, and salt in a food processor until smooth.
3. Take rest of chickpeas and pat very dry. If you have time, leave them to air-dry for a few minutes. Spread the chickpeas out in an even layer on a baking sheet and drizzle with rest of olive oil and a pinch of kosher salt. Stir with hands to ensure all chickpeas are evenly coated. Roast chickpeas in the oven for 20-30 minutes or until golden brown, stirring chickpeas every 10 minutes.
4. Top 16 toasted baguette slices with beet hummus, crunchy chickpeas, and mint.

**Nutrition Information Per serving** (1 crostini): 155 calories, 7.4g total fat, 1g saturated fat, 5.5g protein, 17g total carbohydrate, 172 mg sodium



**Chef Notes:** When using fresh herbs as a garnish/finishing touch, smack the leaves to bring out the flavor. Just place a few leaves in or sprigs of your chosen herb in one palm. Then give it a good smack!

