

## Roasted Curried Carrot Hummus



I discovered this recipe in my recipe file and had never made it. The original recipe was certainly very healthy but lacked the vibrant flavors that I had hoped for. I made a few changes and additions and am much happier with this still healthy, and delicious version.

### Ingredients:

- 2 Medium carrots sliced
- 2 Tablespoon minced onion
- 1 Garlic clove minced
- 1 ½ Teaspoon curry powder
- 1 15-ounce can chickpeas rinsed and drained
- 3 Tablespoon fresh lime juice
- Sea salt and fresh ground pepper
- ¼ Cup finely chopped fresh cilantro (reserve 1 Tablespoon)
- 3 Tablespoons tahini
- ¼ Cup plus 2 tablespoons olive oil
- 1/8-1/4 Cup warm water

- Steam or lightly boil the carrots until just tender, drain.
- In a large skillet, heat 2 tablespoons of olive oil and sauté the onion until softened. Add the carrots, sprinkle the curry powder over them and cook until the carrots are soft.
- Transfer the carrot mixture to a blender or food processor. Add the chickpeas, lime juice, tahini, salt, pepper, tahini, ¼ cup olive oil and some of the warm water. Blend until very smooth adding more water if necessary to get the right consistency. Add all but 1 tablespoon of cilantro and just pulse to mix.
- Chill, covered till ready to serve. Top with rest of cilantro.