



Makes 2½ cups
Preparation Time: 20 minutes
Cook Time: 30 minutes

INGREDIENTS:

- 3 cups cauliflower florets
- 3 cloves garlic
- 3 tablespoons lemon juice
- 1 15-oz. can no-salt-added cannellini beans or other white beans (1½ cups)
- 1 tablespoon tahini
- Sea salt, to taste
- 2 tablespoons chopped fresh basil, oregano, and/or flat-leaf parsley
- 1 tablespoons chopped toasted pine nuts (optional)
- Red pepper flakes

Roasted Cauliflower Hummus

Searching for a new way to eat your cruciferous veggies? This roasted cauliflower **hummus** will do the trick. The tender florets are puréed in a food processor and enhanced with creamy cannellini beans, nutty **tahini**, and savory garlic. The end result is a scrumptious, spreadable, and oh-so-satisfying dip that can be used as the centerpiece of a crudité board or slathered onto a sandwich packed full of your favorite fixings. Whichever way you want to enjoy it, this cauliflower hummus is oil-free and bursting with good-for-you ingredients that taste just as delicious as anything you can find at the store.

By Shelli McConnell

- 1** Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper. Arrange cauliflower and garlic evenly in prepared baking sheet. Brush with 1 tablespoon of the lemon juice. Roast 20 to 25 minutes or until tender. Cool 10 to 15 minutes.
- 2** Transfer cauliflower and garlic to a food processor along with the remaining 2 tablespoons lemon juice, the beans, and tahini. Season with salt. Process until smooth, adding ¼ cup water or more to thin to desired consistency.
- 3** Transfer hummus to a bowl. Serve immediately or cover and chill up to 3 days. To serve, top with herbs and, if desired, pine nuts. Sprinkle with crushed red pepper. Serve with veggies and crispbread crackers.