

Beet-Cashew Butter Dip

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*3 medium beets
olive oil
3/4 cup cashew butter
3 tablespoons lemon juice
1/2 jalapeno pepper
1 small clove garlic,
chopped
1 teaspoon chopped ginger
1 teaspoon ground cumin
salt (to taste)
pepper (to taste)
1/2 cup fresh mint
olive oil (for drizzling)
fresh mint (for topping)*

Preheat the oven to 400 degrees.

Place the beets on a sheet of foil. Drizzle with olive oil. Wrap in the foil. Place on a baking sheet.

Roast until tender, about one hour 20 minutes. Let cool. Rub off the skins.

In a food processor, puree' the beets with the cashew butter, lemon juice, jalapeno pepper, garlic, ginger and cumin. Season with salt and pepper.

Add the fresh mint. Puree' until smooth.

Drizzle with olive oil. Top with more mint.

Per Serving (excluding unknown items): 1278 Calories; 96g Fat (63.1% calories from fat); 40g Protein; 86g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 239mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 1/2 Lean Meat; 5 1/2 Vegetable; 1/2 Fruit; 17 Fat.