



Makes 2 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

2 medium carrots, sliced
1½ teaspoons onion powder
1½ teaspoons curry powder
1 clove garlic, minced
1 15-ounce can chickpeas,
rinsed and drained
3 tablespoons lime juice
Sea salt and freshly ground
black pepper, to taste
1 tablespoon finely chopped
fresh cilantro

Curried Roasted Carrot Hummus

Spiced, pan-roasted carrots kick up the flavor of this ultra-creamy spread. Serve it with crudité's or as a spread on wraps and sandwiches. Looking for more easy hummus recipes? Try [Curried Acorn Squash Hummus](#) and [Sonoran Desert Tepary Bean Hummus](#).

By Darshana Thacker Wendel

- 1 In a skillet bring the first four ingredients (through garlic) and ¼ cup water to simmering. Cook, covered, over medium-low 10 minutes or until carrots are tender.
- 2 Transfer carrot mixture to a blender or food processor. Add chickpeas and lime juice. Cover and blend or process until smooth. Season with salt and pepper. Add cilantro; cover and pulse until just combined.
- 3 Chill, covered, until ready to serve.