

Low- Carb Roasted Zucchini Hummus

Description

Delicious and versatile hummus dip.

Prep time: Ten minutes

Total time: Forty minutes

Servings: 8

Ingredients

For Hummus:

- 2 zucchinis (14.1 oz)
- 1/4 cup of extra virgin olive oil, divided (2 fl oz)
- A pinch of sea salt, to taste
- A pinch of black pepper, to taste
- 1/4 cup of tahini sesame paste (2.2 oz)
- 2 cloves of garlic
- 3 tablespoons of fresh lemon juice
- 1/2 teaspoons of ground cumin
- 2-3 tablespoons of water

For garnish

- 2 tablespoons of extra virgin olive oil
- Some smoked paprika and cumin, to taste
- 2 teaspoons of white and/or black sesame seeds
- Some fresh parsley leaves



Instructions

1. First, preheat the oven to about 355 degrees F, then chop off the ends of the zucchini. Then cut it in two, then divide in the middle.
2. Arrange the zucchini on a baking tray with the cut side facing up. Brush the zucchini with two tablespoons of olive oil. Sprinkle with pepper and salt.
3. Transfer to the oven and bake until browned, about thirty minutes. Prepare the hummus by blending the hummus ingredients minus water in a food processor until well blended. Then add in water to smoothen it.
4. Pour the hummus into a bowl and drizzle with oil. Garnish with seeds and spices.
5. Serve with crackers, keto bread, or crudités.