

## ROASTED CAULIFLOWER HUMMUS

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Nothing against chickpeas - I love them - but cauliflower hummus is a fun and delicious variation of the traditional. Roasting the cauliflower first brings out its sweetness and adds another layer of complexity to the finished product.

Cauliflower hummus is a great make-ahead option. Chilling it for several hours or overnight allows the flavors to blend. Serve the hummus as an appetizer with fresh veggies, or as a spread in wraps or sandwiches.

Makes: about 2 cups

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### INGREDIENTS

#### **For the Roasted Cauliflower**

1 1/2 pounds fresh cauliflower (13 – 16 ounces finished cauliflower), cut into florets  
1 tablespoon olive or avocado oil  
1/4 teaspoon Kosher salt  
few grinds or black pepper

#### **For the Hummus**

all of the roasted cauliflower, cooled  
1/4 cup lemon juice  
1/4 cup tahini paste  
1 clove garlic  
1 teaspoon cumin  
1 teaspoon sweet paprika  
1/2 teaspoon Kosher salt  
chopped fresh herbs for garnish, if desired

### DIRECTIONS

#### 1. ROAST THE CAULIFLOWER

- Preheat oven to 425° F. Line a large baking sheet with foil or parchment paper and spray with cooking spray.
- Spread the frozen riced cauliflower on to the prepared baking sheet. Drizzle lightly with olive or avocado oil, and sprinkle lightly with salt and a few grinds of pepper.
- Place pan into the oven and roast for 10 - 15 minutes, until moisture has evaporated and cauliflower is light golden brown. Remove from oven and cool to room temperature, about 15 minutes. If not using right away, place the roasted cauliflower in a covered container and refrigerate for up to 24 hours.

## 2. MAKE THE HUMMUS

- In the bowl of a food processor or blender (see NOTE below), place all of the cooled roasted cauliflower, lemon juice, tahini, garlic, cumin, paprika and the 1/2 teaspoon of salt. Process on high until very smooth and thoroughly combined, stopping occasionally to scrape down the side of the bowl. Taste and adjust salt and/or lemon juice if needed.
- Serve immediately or if possible, transfer to a covered container and chill for at least 30 minutes to allow flavors to blend. When ready to serve, place into a serving dish and garnish with a light sprinkling of paprika and chopped fresh herbs, if desired.

NOTE: If a food processor is not available, a blender may be used instead. Ingredients may need to be pureed in batches, **half at a time**, depending on the size of the blender.