

# BEET HUMMUS with Crostini

Instructor: Ms. Gerri / Volunteer: Ms. Kim  
Adams School Thursday Grades 4-6



## SKILLS LEARNED

- Setting Table
- Knife Skills
- Measuring ingredients
- Food Processing
- Oven – Why and when to preheat
- Baking crostini
- Plating dips and vegetables
- Health Benefits of Rainbow Foods

## EQUIPMENT

- Food Processor
- Bowl for mixing humus
- Pastry Brushes
- Vegetable peeler

## INGREDIENTS

- 12 small pre-cooked Roasted Beets or 6 large
- 1 15 oz can Garbanzo Beans
- 1 lemon or 2
- ¼ cup Tahini
- 2 cloves Garlic, peeled
- 1/3 cup Olive Oil
- ½ Teaspoon Cumin
- Cucumbers
- Small Baguette

## INSTRUCTIONS

### *Hummus*

1. All students to open foil packet which contains 1 roasted beet or shared large beet
2. All students to peel their beet, set aside
3. Put ingredients in blender and blend until smooth.

### *Crostini*

1. Pre-Cut baguette into 1/3-inch-thick slices.
2. Preheat oven to 375
3. Students # 1 and 2 to brush slices with olive oil
4. Students # 3 and 4 to arrange bread in a single layer on baking sheets
5. Bake 8-10 minutes until golden brown
6. Students # 4 and 5 to turn slices to other side
7. All students to rub garlic on garlic slices
8. Plate the crostini with humus and cucumber slices