AFFORDABLE LOCAL EATING

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Simply Seasonal

Hummus Veggie Board

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Hummus Veggie Board

Hummus*

Assorted vegetables* (carrots, red onion, broccoli, cauliflower, sweet potato, cabbage, squash)

Olive oil
Salt & pepper
Toasted almonds
Chopped parsley or cilantro*

Directions

- 1. Peel vegetables as desired.
- 2, Cut into large pieces, toss with olive oil, salt & pepper and place on a baking sheet.
- 3. Roast at 400°F 15-20 minutes, or until done.
- 4. Spread and arrange hummus on a platter.
- 5. Add roasted veggies on top; sprinkle with almonds and chopped parsley.
- 6. Serve with a crusty bread.

*can be found locally

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