

Nicely Spiced Carrot Dip

Makes 2 cups



Need a change from your hummus routine? This bright dip features the natural sweetness of the nutritious root vegetable often served in “baby-cut” portions. We prefer to use fresh, whole carrots here, because they’re being roasted.

Serve as an afternoon snack with crackers, or use as a spread for wraps or baked pita triangles. Refrigerate in an airtight container for up to 5 days.

INGREDIENTS

1 pound **carrots** (see above)
3 good-size **garlic cloves**
2 tablespoons **olive oil**
Kosher salt
Freshly **ground black pepper**
½ teaspoon **ground cinnamon**
½ teaspoon **ground turmeric**
¼ teaspoon **smoked paprika** (sweet)
¼ cup hulled/unsalted **sunflower seeds**
⅓ cup well-stirred **tahini**
⅓ cup **water**, or as needed
Drizzle of **honey**
Fresh lime juice

DIRECTIONS

- Preheat the oven to 400°F (375°F convection). Line a baking sheet with aluminum foil or a silicone mat.
- Scrub or peel the **carrots**, then trim and cut crosswise into 1-inch chunks. Transfer to the baking sheet, along with the **garlic**. Drizzle with the **oil** and season lightly with **salt** and **pepper**; toss to coat and spread the pieces apart.
- Roast for 30 minutes, until tender and fragrant, with caramelized edges. Cool for a few minutes, then transfer to a food processor. Add the **cinnamon**, **turmeric**, **smoked paprika**, **sunflower seeds**, **tahini**, and **water**. Pulse long enough to form a somewhat stiff mixture in which you can still see some **sunflower seeds**.
- Season lightly with **salt**, **pepper**, **the honey**, and a tablespoon or two of the **lime juice**. Puree until well blended and smooth with the consistency of hummus. If the mixture seems too thick, add more **water** in 1-tablespoon increments. Taste, and adjust with these same elements as needed.