

Za'atar Spiced Roasted Root Vegetable Hummus Bowl Recipe

Yield: 4 cups

Ingredients

3 to 4 lbs of root vegetables

1 onion

6 cloves of garlic

1/4 cup olive oil, plus more for drizzling

Pinch of salt

1 to 2 teaspoons Za'atar spice mix

2 cups hummus, warmed

2 Tablespoons fresh herbs (cilantro, parsley, etc.)

* **root vegetable options:** carrots, potatoes, turnips, radishes, beets, etc.



Instructions for Adults

- Preheat the oven to 425 degrees.
- Assist kids with safe knife handling and use of oven.

Instructions for Kids

- Cut root vegetables and onion into 1-inch chunks. Place them in a large bowl.
- Peel garlic cloves and add to chopped veggies.
- Add 1/4 cup of olive oil and salt. Toss to coat.
- Pour veggies onto a baking sheet in a single layer.
- Bake in preheated oven for 15 minutes, then remove from oven and stir.
- Return to oven for another 15-20 minutes or until veggies are becoming tender when pierced with a fork.
- While veggies are roasting, chop the fresh herbs and warm the hummus.
- Remove roasted veggies from the oven. Sprinkle with Za'atar spice mix and allow to cool for about 5 minutes.
- Spoon 1/2 cup of warm hummus into a serving bowl. Top with 1/2 cup of the roasted veggies. Drizzle with olive oil. Sprinkle with freshly chopped herbs. Enjoy!

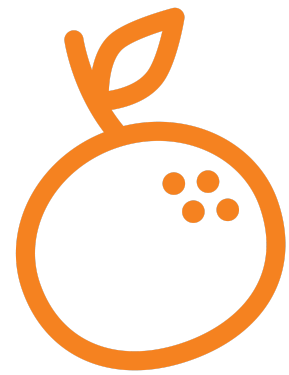
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Za'atar Spice Mix Recipe

Yield: 1/4 cups



Ingredients

- 1 Tablespoon dried oregano
- 1 Tablespoon ground cumin
- 1 Tablespoon sesame seeds
- 1 Tablespoon ground coriander
- 1/2 Tablespoon ground sumac

Instructions for Kids

Place all of the ingredients in a small jar. Seal the lid onto the jar and shake the spices to combine.

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