Beet Caviar

INGREDIENTS
4 medium beets, washed and trimmed
5 plump dates, pitted and chopped
4 garlic cloves, peeled and smashed
3 tablespoons lemon juice, plus more to taste
1/2 cup chopped toasted walnuts
3/4 teaspoon fine grain sea salt
3 tablespoons plain Greek yogurt
lots of freshly chopped chives

DIRECTIONS
1. Preheat the oven to 400F. Puncture the beets with a fork a few times, roast for an hour, or until the beets are tender
2. Heat the 1 tablespoon lemon juice in a small saucepan. Place the dates in a glass bowl. When hot, pour over the dates. Soak for at least 10 minutes.
3. When cool, peel beets and chop into cubes. Place in a food processor with the date mixture, and garlic. Puree until smooth.
4. Transfer to a serving bowl before adding the lemon juice, walnuts, and salt. Serve swirled with the yogurt and garnish with chives.

NUTRITION INFORMATION
Serving Size: 2 tablespoons
Per Serving: 146 calories, 15g carbohydrates, 3g fiber, 7g fat, 1g saturated fat, 0g sugar, 4g protein