

Savory Pumpkin Hummus

Ingredients:

- > 1 15-oz Can White Beans
- > 2/3 cup Fresh Pumpkin Puree*
- > 3 Tbsp Lemon Juice
- > 2 Tbsp Tahini
- > ½ tsp Sea Salt
- > ½ tsp Ground Cumin
- > ½ tsp Smoked Paprika
- > 1 pinch Cinnamon
- > 1 pinch Cayenne Pepper
- > 2 Tbsp Extra Virgin Olive Oil
- > 2 cloves Minced Garlic
- > 3 Tbsp Chopped Fresh Sage
- > 1 11-oz Whole Wheat Pita Bread (optional)
- > Fresh Vegetables: Celery, carrots, cucumber, zucchini, or bell pepper (optional)



Nutrition Facts	
Serving size	(89g)
Amount Per Serving	
Calories	100
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 152mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Wash hands thoroughly with soap and water.
2. Gently rub any produce under cold running water.
3. Rinse and drain white beans in a colander. Add beans to the food processor or blender along with pumpkin, lemon juice, tahini, sea salt, cumin, smoked paprika, cinnamon, and cayenne pepper.
4. Heat oil in a small skillet or saucepan over medium heat. Add garlic and sage, saute for a few minutes to brown slightly. Then add sauteed mixture to the food processor and pulse to incorporate - you can reserve some for garnish if desired.
5. Taste and adjust seasonings as needed.
6. Serve immediately with pita chips and cut vegetables. Alternatively, refrigerate until chilled (about 3 to 4 hours) for a thicker, creamier dip.



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*How to Make Fresh Pumpkin Puree:

1. Preheat the oven to 350°F.
2. Wash hands thoroughly with soap and water.
3. Gently rub pumpkin under cold running water.
4. Using a sharp knife, slice the stem off and then slice the pumpkin in half widthwise.
5. Using a spoon, scoop out the seeds and remove any excess stringy flesh of pumpkin. Next, you can clean the seeds and roast them for homemade pumpkin seeds.
6. Lightly rub the inside of the pumpkin flesh with olive oil and place the flesh side down on a baking sheet lined with parchment paper.
7. Place in the oven and roast for roughly 45 minutes until you can easily pierce the flesh with a fork.
8. Remove from the oven and let cool for 10 minutes. Scoop out the flesh with a spoon as it should easily separate from the thin skin.
9. Place the cooked pumpkin flesh in a blender or food processor and blend until creamy and smooth. Depending on the power of your blender, this may take up to two minutes.
10. The pulp may be frozen for use later, but the pureed pulp cannot be safely canned.

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Fresh Pita Chips:

Instructions:

1. Wash hands thoroughly with soap and water. Preheat the oven to 375 degrees F.
2. Cut pita into bite-sized triangles and lightly coat with extra-virgin olive oil.
3. Arrange in an even layer on a baking sheet.
4. Bake for 8 - 12 minutes or until lightly browned.
5. Remove from the oven and let cool slightly before serving.

Nutrition Facts	
Serving size	(42g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 0.18mg	0%
Potassium 0mg	0%

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