



HARVEST OF THE MONTH

Ingredient: Winter Squash

Butternut Squash Hummus

PREP TIME:	10 minutes
COOK TIME:	20 minutes
TOTAL TIME:	30 minutes
SERVINGS:	8 servings
AUTHOR:	<i>Adapted from Minimalist Baker</i>

INGREDIENTS

1 cup cubed butternut squash
4 cloves of garlic (with skin on to roast) or use garlic powder
2 Tbsp lemon juice
1 15 oz can chickpeas (rinsed and drained)
1/3 cup tahini
3-5 Tbs olive oil (plus more for roasting garlic)
1/4 tsp salt and pepper (to taste)
1/2 cup fresh parsley (chopped)
1/4 tsp cinnamon
1/2 tsp cumin
1/4 tsp smoked paprika

INSTRUCTIONS

1. Preheat oven to 400 degrees F
2. Add 1/2 " cubed squash and unpeeled garlic cloves to a baking sheet and drizzle with olive oil, salt, and pepper
3. Bake for 15-20 minutes until the squash is tender and golden brown
4. Peel roasted garlic
5. Add all the ingredients to a food processor and puree until smooth and creamy. Add olive oil and water to adjust the thickness.
6. Taste and adjust seasonings to preference.
7. Serve with pita chips or vegetables of choice.