



Pumpkin Hummous

If you can find a small bottle of pumpkin seed oil, buy it. The oil has a rich, nutty flavor that is perfect with this hummous and drizzles over all kinds of roasted vegetables. Refrigerate after opening.

Ingredients

For Hummous

1 LG can pumpkin
7 oz tehina
3 garlic cloves, crushed
Juice from 1-2 lemons
½ C extra virgin olive oil
Salt & pepper

For Pumpkin Seeds

¼ C raw pumpkin seeds
1 TBSP canola oil
Salt

Directions

Make Hummous

1. In the bowl of a food processor, add the garlic and a little bit of the oil. Process to break up the garlic.
2. Add pumpkin, tehina, & lemon juice. Process.
3. With the processor running, slowly drizzle in olive oil.
4. Season with salt & pepper.

Toast Pumpkin Seeds

1. In a small skillet, toast the seeds in oil, moving constantly until they begin to smell toasty and start getting browned.
2. Remove from heat; immediately remove from skillet and toss with salt.

Serve

1. To serve, spread across a plate; drizzle with extra virgin olive oil, pumpkin seed oil, or silan and toasted pepitas.
2. Serve with pita chips, fresh pita, or crackers.

