

Butternut Squash Hummus

Yield: 8 servings

Ingredients

- 1½ cups cubed butternut squash
- 2 cloves garlic (unpeeled)
- ½ cup canned chickpeas, drained (reserve liquid)
- 3 tablespoons tahini
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground black pepper
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground clove
- ⅛ teaspoon ground allspice
- ⅛ teaspoon ground cayenne

Instructions

1. Heat oven to 400 degrees. Line a baking sheet with parchment paper.
2. Add butternut squash and unpeeled garlic to the baking sheet. Bake in the oven for about 30 minutes, until squash is soft, stir halfway through baking.
3. In a food processor, add squash, peeled garlic and remaining ingredients. Puree until smooth. If needed, add some of the reserved chickpea liquid (aquafaba) until mixture is a smooth, thick puree. About ¼ cup of liquid.

Presented by
Culinary Medicine

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Nutrition Information Serving Size: 2 tablespoons | Total Recipe Yield: 1 cup

Calories: 60 | Total Fat: 3.3 g | Saturated Fat: 0.5 g | Monounsaturated Fat: 1 g | Polyunsaturated Fat: 1.4 g
Sodium: 190 mg | Total Carbohydrate: 6.8 g | Dietary Fiber: 1.5 g | Sugars: 1.3 g | Protein: 2 g

Source: Adapted from Minimalist Baker