



Pumpkin Hummus

by Dr. Linda Shiue

What food does fall bring to mind? For many of us, it's pumpkin. The most recent Thrive Kitchen class at Kaiser Permanente San Francisco featured many pumpkin recipes, but this one was a runaway favorite.

Hummus is a protein- and fiber-rich healthy snack. This pumpkin version is ready for the season and adds additional nutrients and flavor.

Garnish with toasted pepitas, pomegranate arils, chopped Italian parsley, or just a swirl of olive oil. If you're eating as a dip, try this with broccoli or cauliflower florets, carrot sticks (rainbow carrots ideally), or whole-wheat pita triangles.

For more side dishes with a twist, come check out my upcoming Thrive Kitchen cooking class featuring Thanksgiving side dishes on Tuesday, November 14. I'll share some of my favorites to help you prepare for the big day. For more information about my Thrive Kitchen cooking class series, visit the **Kaiser Permanente San Francisco Health Education website**.

Servings: Makes 3 cups | **Prep Time: 5 minutes**

Ingredients

One 15-ounce can low-sodium or no salt added chickpeas, rinsed and drained
 2 garlic cloves, peeled and minced
 1/2 cup + 2 tablespoons pumpkin purée (1/2 can)
 1/4 cup tahini
 1/4 cup olive oil
 Juice of 1 lemon
 1 teaspoon apple cider vinegar
 2 tablespoons water
 1 teaspoon fine Kosher salt

Directions

Purée all ingredients in a food processor until smooth. Add additional water, if needed, to make a loose paste.

Nutrition Information (per serving)

Calories: 50
 Carbohydrate: 3 g
 Dietary Fiber: 1 g
 Total Fat: 3.5 g
 Protein: 1 g
 Sodium: 45 mg
 Added Sugar: 0 g



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