

**Cleveland County Kitchen**  
**September 2019**  
**Food of the Month – Pumpkin**  
**Recipe – Quick & Savory Pumpkin Hummus**  
**Chef: Nancy Abasiekong, Extension Agent,**  
**Family & Consumer Sciences**



**Ingredients**

- 1 - 15-ounce can white beans (Great Northern, Cannellini, Garbanzo, etc.)
- 1 - 15-ounce can pumpkin puree (or fresh roasted pumpkin puree)
- 1 clove garlic, roughly chopped
- 2 Tbs. lemon juice (half of fresh lemon; or more to taste)
- 2 Tbs. tahini (sesame seed paste)
- 1 Tbs. olive oil
- 1 tsp ground cumin
- ½ tsp kosher salt
- ½ tsp smoked or paprika
- 1/8 tsp ground red pepper
- Cilantro or pumpkin seeds for garnish (optional)



**Instructions:**

1. Drain and rinse white beans in strainer. Add to food processor or blender along with pumpkin, and next eight ingredients (through red pepper).
2. Process until smooth and even color. Taste and adjust seasonings for taste and creaminess.
3. Spoon hummus into serving bowl; sprinkle with cilantro (or parsley or basil) or pumpkin seeds, if desired.

Serve immediately or chill 3-4 hours for a thicker, creamier dip. Serve with toasted pita wedges, fresh vegetables (carrots, cucumbers, beets, etc.), or tortilla chips.

**Yield:** 3 cups / serving size: 2 Tablespoons

**Made Available by:**

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