Lentil Squash Hummus

With a little prep, this hummus is a quick and healthy snack. Try it with different veggies to find your favorite combination! Peas or cooked beets can be substituted for winter squash.

Source: Jenny and Luca Montague and Jessica Manly, Kalispell Public Schools

Servings
6

Ingredients

1 (15 oz) can of garbanzo beans, *drained and rinsed*

1 1/2 cups winter squash, *pureed*

1 cup red lentils, *cooked*

2 Tbsp tahini

1 Tbsp olive or vegetable oil

3/4 tsp salt

Pinch of paprika

1 tsp cumin

1-3 cloves of garlic, *roasted*

1 tsp lemon juice

Note: Save some garbanzo juice or cooled lentil cooking water to use as needed for consistency.

Preparation

1. Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth.

2. Add garbanzo beans, lentils, and olive oil. Pulse until smooth. Add squash, cumin, and spices. Process until well-blended. If hummus is too thick, add 2 tablespoons of water or an additional tablespoon of olive oil.

3. Refrigerate immediately. Store up to seven days or freeze up to one month.

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