

BUTTERNUT SQUASH HUMMUS

Prep time	Cook time	Total time
10 mins	20 mins	30 mins

Savory, 10-ingredient Butternut Squash with garlic, parsley, and cumin. A creamy, flavorful dip that's perfect for fall.

Author: Minimalist Baker

Recipe type: Appetizer, Dip

Cuisine: Vegan, Gluten Free

Serves: 2 1/4 cups



Ingredients

HUMMUS

- 1 cup (140 g) cubed butternut squash
- 4 cloves garlic, skin on (12 g)
- 4 cloves garlic, peeled + minced (~2 Tbsp | 12 g)
- 1 lemon, juiced (2 Tbsp or 30 ml)
- 1 15-ounce (425 g) can chickpeas, lightly rinsed + drained
- 1/3 cup (80 g) tahini
- 3-4 Tbsp (45-60 ml) olive oil, plus more for roasting garlic
- Sea salt + pepper to taste (~1/4 tsp each)
- 1/2 cup (30 g) fresh parsley, chopped
- 1/4 tsp ground cinnamon
- 1/2 tsp ground cumin
- *optional*: 1/4 tsp smoked paprika

FOR SERVING *optional*

- Whole Wheat Pita Chips
- Roasted Carrots*

Instructions

1. Preheat oven to 400 degrees F and position a rack in the middle of the oven.
2. Add cubed butternut squash and 4 **unpeeled** garlic cloves to a baking sheet and drizzle with 1 Tbsp olive oil and a pinch each salt and pepper. Toss to combine.
3. Bake for 15-20 minutes, or until all squash is fork tender and the garlic is golden brown. Let cool 5 minutes.
4. Peel roasted garlic and add to food processor or blender, along with squash, 4 cloves fresh minced garlic, lemon juice, chickpeas, tahini, olive oil, salt, pepper, parsley, cinnamon, cumin and smoked paprika (optional).

5. Purée until creamy and smooth, scraping down sides as needed and adding more olive oil or a touch of water if it's too thick.
6. Taste and adjust seasonings, then serve immediately with pita chips and vegetables of choice (see notes for roasted carrots). Alternatively, refrigerate until fully chilled - about 3-4 hours - for a thicker, creamier dip.
7. Store leftovers, covered, in the refrigerator up to 4-5 days, though best when fresh.

Notes

*To roast carrots, preheat oven to 375 degrees F. Remove greens, peel, and slice any large carrots in half lengthwise. Transfer to a baking sheet and lightly drizzle with olive or grape seed oil and a pinch each salt and pepper. Toss to coat, then arrange in an even layer and bake for 20-30 minutes, or until golden brown and tender.

Nutrition Information

Serving size: 1/4 cup (1 of 9 total servings) Calories: 141 Fat: 9.8 g Saturated fat: 1.3 g
Carbohydrates: 11.6 g Sugar: 2.3 g Sodium: 125 mg Fiber: 1.5 g Protein: 3.7 g

Recipe by Minimalist Baker at <http://minimalistbaker.com/butternut-squash-hummus/>