



WESTERN WISCONSIN HEALTH

PUMPKIN HUMMUS

- 4 (6") pitas, each cut into 8 wedges
- Cooking spray
- 2 T. tahini (sesame seed paste)
- 2 T. fresh lemon juice
- 1 tsp. ground cumin 1 tsp. olive oil
- 3/4 tsp. salt
- 1/8 tsp. ground red pepper
- 1-15 oz. can pumpkin
- 1 garlic clove, chopped
- 2 T. chopped fresh flat-leaf parsley
- 1 T. pumpkin seed kernels, toasted, optional

Nutrition Facts

Serving Size (35g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 30		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 290mg	12%		
Total Carbohydrate 15g	5%		
Dietary Fiber 2g	8%		
Sugars 0g			
Protein 3g			
Vitamin A 2%	• Vitamin C 4%		
Calcium 2%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Preheat oven to 425°. Place pita wedges on baking sheets; coat with cooking spray. Bake at 425° for 6 minutes until toasted. Place tahini and next seven ingredients (through garlic) in a food processor, and process until smooth. Add parsley; pulse until blended. Spoon hummus into a serving bowl; sprinkle with pumpkin seed kernels, if desired. Serve with pita wedges.

NUTRITION FACTS: Serving size: 3 tbsp. per serving, 10 servings