

## Ingredients:

Pumpkin Jalapeño Hummus

- 1 cup canned pumpkin, unsalted
- 1 clove garlic, peeled
- 1 (15-ounce can) garbanzo beans, drained and rinsed
- 1/2 jalapeno pepper, seeded
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon ground coriander
- 2 teaspoons cumin
- 1/2 teaspoon kosher salt
- 1/4 cup water

## Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Add canned pumpkin, garlic, garbanzo beans, jalapeño, lemon juice, olive oil, coriander, cumin and salt into a food processor fitted with the chopping blade or blender.
3. Power on machine and slowly pour water through the opening in the top of the food processor using just enough water to achieve a thick consistency. Continue processing for about 1 minute to thoroughly blend ingredients.
4. Serve. Refrigerate leftovers within 2 hours.

Cook's Note: For a spicier dip, add the whole jalapeno with seeds.

## Nutrition Facts (Per Serving)

Calories, 90; Carbohydrate, 14 g; Protein, 3 g; Total Fat, 2.5 g; Saturated Fat, 0 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Total Sugars, 0 g; Sodium, 280 mg; Calcium, 27 mg; Folate, 40 mcg; Iron, 1 mg; Calories from Fat, 25%.

Makes 8 servings, 1/2 cup each



# Pumpkin Jalapeño Hummus

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>