

Butternut Squash Hummus

Adapted from Damaris Phillips online



- 1 small butternut squash, 1 1/2-2 lbs**
- kosher salt**
- 1/2 cup EVOO, PLUS 1 teaspoon**
- 1/4 cup tahini**
- 1 tablespoon za'atar**
- 2 teaspoons pumpkin seed oil, or olive oil**
- pumpkin seeds, for garnish, if available**
- Lavash bread or pita, cut in triangles**

Per Serving (excluding unknown items): 227 Calories; 23g Fat (87.5% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 9mg Sodium; 1g Total Sugars; 0mg Vitamin D; 53mg Calcium; 1mg Iron; 124mg Potassium; 83mg Phosphorus.
Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Preheat oven to 400°F. Split squash in half, scoop out. Season squash with salt and rub cut surface with the 1 tsp of EVOO. Place squash cut side UP in roasting pan, then pour 1/2 cup water into the pan. Roast until tender, about 45 minutes to 1 hour. Allow to cool. (When I made this I bought already cubed butternut squash, so it was easy to pour out onto a sheet pan, drizzle and toss with some EVOO then roasted at 375°F; I didn't use the hot water, and it took about 30 minutes to reach tenderness.)
2. Scoop squash flesh out and put in bowl of food processor. Add 1/2 cup EVOO and tahini, then process until it's a nice fluffy puree, stopping to scrape down the sides as needed. Add cold water a tablespoon at a time, if needed, to get the right consistency. Taste for salt.
3. Spread puree in a serving bowl. Sprinkle with za'atar, and pumpkin seeds if desired, and drizzle with pumpkin seed oil (I used EVOO). Serve with soft lavash bread cut into triangles.
4. Cover and refrigerate any leftovers. Bring to room temp to serve. Keeps one week.