

Nutrition for Outside School Hours Care • another NAQ Nutrition program

This roasted pumpkin hommus recipe is a great homemade dip option that is both delicious and nutritious. Incorporating both pumpkin and chickpeas from the vegetables and legumes/beans food group, this is a great way to ensure you are featuring this food group on your menu. Feel free to swap the roasted pumpkin for another vegetable, such as roasted sweet potato, capsicum or cooked beetroot, or even swap the chickpeas for another legume such as cannellini beans!

Ingredients

Makes approx. 2 cups

- **2 cups diced pumpkin (approx. 300g), peeled**
- **Spray olive oil**
- **1 can chickpeas (400g), drained and rinsed**
- **1 small garlic clove, peeled and crushed**
- **3 tablespoons lemon juice**
- **3 tablespoons extra virgin olive oil**
- **1 tablespoon tahini**
- **2 teaspoons ground cumin**
- **2 teaspoon ground paprika**



Method

1. Preheat oven to 180°C. Place diced pumpkin on a lined baking tray and spray with olive oil. Roast in the oven for 30-35 minutes or until cooked through and golden.
2. Remove pumpkin from oven and allow to cool slightly.
3. Place roasted pumpkin, chickpeas, garlic, lemon juice, extra virgin olive oil, tahini, ground cumin and ground paprika in a food processor. Process until a smooth consistency is reached. Taste hommus and adapt as required.
4. Serve hommus with vegetable sticks or wholegrain crackers.

Notes: This recipe can be made ahead of time and stored in an airtight container in the refrigerator for a few days.