

Winter Squash Hummus (Makes 2-3 Cups)

-1 pound hard squash, such as delicata or butternut
-1/2 cup extra virgin olive oil (plus 1 tablespoon)
-1 head garlic, separated into cloves and peeled (about 1/4 cup cloves)
-1 or 2 hot peppers (jalapenos, serranos, etc), sliced in half, stems and seeds removed
-1/8 cup tahini
-1 1/2 Tbs lemon juice
-Plain yogurt for garnish (optional)
-Cilantro leaves for garnish (optional)
-Roasted pumpkin seeds for garnish (optional)
-Crusty bread, pita, or crackers

1. Preheat the oven to 350° F. Cut squash in half and remove seeds. Rub flesh with 1 tablespoon olive oil and a generous pinch of salt.
2. Place squash cut side down in roasting pan and bake until very soft, about 1 hour.
3. While squash is baking, place garlic, hot peppers, and remaining olive oil in a small pot over low heat. Poach garlic and peppers in oil until completely soft (30 to 40 minutes). Garlic should be very lightly browned.
4. Scoop out flesh from roasted squash and place in food processor.
5. Add garlic-poaching olive oil, garlic, peppers, tahini and lemon juice.
6. Puree until smooth, about 1 minute. Season to taste with salt and pepper.
7. Hummus texture will vary depending on squash variety and size; add up to 1/4 cup water until desired consistency is reached.
8. Refrigerate for at least 3 hours and up to 1 week. Garnish each cup of hummus with 1/8 cup yogurt, 1/2 tablespoon pumpkin seeds, and sprinkling of cilantro leaves. Serve with crusty bread, pita, or crackers.

Nutritional Facts: 2057 calories, 86 carbs, 192g fat, 30g protein, 182mg sodium, 8g sugar