



WINTER SQUASH HUMMUS

A Seasonal Twist on a Classic Dip

INGREDIENTS

- 1 medium sized butternut squash
- 2 shallots, peeled and sliced in half
- 4 cloves garlic, peeled
- 1/4 cup olive oil
- 2 Tbsp tahini
- 1 Tbsp honey
- 1 Tbsp apple cider vinegar
- 1 Tbsp ground coriander
- 1 Tbsp ground turmeric
- Salt and Pepper to Taste

PREP TIME

- Prep | 15 minutes
- Cook | 40 m
- Ready in | 1 hour
- Shelf life | 1 week

PROCEDURE

01

Preheat oven to 350F

02

Cut the squash in half lengthwise, remove all seeds with a spoon and discard them. Fill the cavity of the squash with garlic cloves and shallot and salt it liberally. Oil a small sheet tray and lay the squash cut-side down. Roast until tender to the touch, approximately 30-40 minutes. Flip the squash over to allow it to cool.

03

Once the squash has cooled, scoop the flesh from the skin, place it in a food processor with the remaining ingredients and pulse until it is smooth and silky. Don't forget to include the roasted garlic and shallots. Every squash is different so adjust the acidity, salt and sweetness to your liking.