



Pumpkin Hummus and Pita Chips Recipe

Recipe Type: [Appetizer](#), [Hummus](#), Pumpkin

Yields: 2 cups

Prep time: 20 min

Ingredients:

- 6 (6-inch) pitas, each cut into 8 wedges
- 2 tablespoons tahini*
- 2 tablespoons fresh-squeezed [lemon juice](#)
- 1 teaspoon ground cumin
- 1 teaspoon [olive oil](#)
- 3/4 teaspoon salt
- 1/8 teaspoon ground red pepper
- 2 cups pumpkin puree drained for 30 minutes in a strainer over a pot
- 1 [garlic](#) clove, chopped
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon pumpkin seed kernels, toasted (optional)

- Tahini is a thick paste made of ground sesame seeds that can be purchased already prepared from many supermarkets and specialty stores.

Preparation:

Preheat oven to 425 degrees F.
Place pita wedges on baking sheets; coat with cooking spray. Bake at 425 degrees for 6 minutes or until toasted. Remove from oven and set aside.
Place tahini, lemon juice, cumin, olive oil, salt, red pepper, pumpkin puree, garlic in a food processor or blender, and process until smooth. Add parsley; pulse until blended. Spoon hummus into a serving bowl; sprinkle with pumpkin seed kernels, if desired. Serve with pita wedges.

NOTE: Can be prepared up to a day ahead and refrigerate.

Makes about 2 cups.