

Roasted Acorn Squash Hummus

From – *Mount Nittany Health Center – Gary Glenn*

1 medium acorn squash – cut in half & seeded

¼ cup tahini

½ lemon – juiced

¼ tsp fresh chopped garlic

¾ cup extra virgin olive oil

pinch of salt and black pepper

- Preheat oven to 350F.
- Using a baking sheet, place squash cut side down and roast until tender, approx. 45 minutes.
- Let cool. Remove squash meat from skin using a spoon.
- Using a food processor, combine squash, tahini, lemon juice and garlic. Puree on medium speed while slowly adding olive oil to emulsify.
- Season with salt and pepper.
- Refrigerate until use.
- Serve with grilled French bread slices drizzled with olive oil and sprinkled with sesame seeds.



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