



A Nutrition Resource



# LENTIL SQUASH HUMMUS

**Yield: 6 Servings**

**Cost/Serving: \$0.62**

## Ingredients:

- 1 (15 oz) can of garbanzo beans, drained and rinsed
- 1 1/2 cups winter squash, pureed
- 1 cup red lentils, cooked
- 2 tbsp tahini
- 1 tbsp olive or vegetable oil
- 3/4 tsp salt
- pinch of paprika
- 1 tsp cumin
- 1-3 cloves of garlic, roasted
- 1 tsp lemon juice

Note: Save some garbanzo juice or cooled lentil cooking water to use as needed for consistency.

## Directions:

1. Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth.
2. Add garbanzo beans, lentils, and olive oil. Pulse until smooth. Add squash, cumin, and spices. Process until well-blended. If hummus is too thick, add 2 tablespoons of water or an additional tablespoon of olive oil.
3. Refrigerate immediately. Store up to seven days or freeze up to one month.

## Nutrition Facts

6 servings per container

**Serving size** (0.0g)

**Amount Per Serving**  
**Calories** **230**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 300mg **13%**

**Total Carbohydrate** 33g **12%**

Dietary Fiber 9g **32%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 11g

Vitamin D 0mcg **0%**

Calcium 70mg **6%**

Iron 3.5mg **20%**

Potassium 470mg **10%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and Jenny and Luca Montague and Jessica Manly, Kalispell Public Schools

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