



CapitalBlueCross.com



Acorn Squash and Roasted Garlic Hummus

Squash Ingredients

- 1 small acorn squash, halved vertically and seeded
- 1 head garlic, cut in half horizontally

Hummus Ingredients

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| 2 cups cooked chickpeas | 2 tablespoons water |
| 1 cup mashed, roasted acorn squash (from above) | 1 tablespoon pure maple syrup |
| ½ head roasted garlic (from above) | ½ teaspoon sea salt |
| 2 tablespoons balsamic vinegar | 1 teaspoon ground cumin |
| 2 tablespoons extra-virgin olive oil | ½ teaspoon ground black pepper |
| 2 tablespoons tahini | ¼ teaspoon ground cinnamon |

Directions

To roast squash and garlic: preheat oven to 350°F. Line a large baking sheet with parchment paper. Place squash flesh-side down on parchment. Place garlic in a piece of foil and bunch up into a ball. Set on baking sheet beside squash. Roast for 1 hour, until squash is tender and garlic is fragrant. Cool until you can handle it comfortably. Mash squash and measure out 1 cup. Squeeze half of the garlic out, leaving the papery skin behind.

To make the hummus: add all ingredients, including the roasted squash and garlic from above, to a food processor. Purée until smooth for about 1 to 2 minutes. Transfer to a bowl and eat immediately.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

Nutrition Facts

Makes 2½ to 3 cups

Calories	500
Total Fat	26g
Saturated Fat	4.5g
Cholesterol	100mg
Sodium	580mg
Total Carbohydrates	33g
Dietary Fiber	2g
Sugar	15g
Protein	36g