



## Perfectly Pumpkin Hummus with Herb Drizzle

By Erin Fletter

**Prep Time** 15 / **Cook Time** / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**chop:** to cut something into small, rough pieces using a blade.

**combine:** to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

**snip:** to use scissors to cut something with quick, sharp strokes.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

### Equipment

- Can opener
- Colander or strainer
- Citrus squeezer (optional)
- Cutting board
- Kid-safe knife
- Measuring spoons
- Dry measuring cups
- Food processor or blender (or bowl + immersion blender)
- Medium bowl
- Clean kid-friendly scissors (optional)

Liquid measuring cup

## Ingredients

### Perfectly Pumpkin Hummus with Herb Drizzle

pumpkin hummus:

1 16-oz can garbanzo beans (chickpeas), rinsed and drained **\*\* (for LEGUME ALLERGY sub peeled, chopped zucchini + tahini or sunflower butter + pumpkin purée—amounts below)\*\***

1/4 C pumpkin purée

3 T lemon juice

1 small garlic clove

1 1/2 tsp salt

2 T olive oil

water, to thin if needed

ground paprika, optional for sprinkling **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***

herb drizzle:

1/4 C Italian parsley leaves

1 T lemon juice

1/2 tsp salt

2/3 C olive oil

## Food Allergen Substitutions

### Perfectly Pumpkin Hummus with Herb Drizzle

**Legume:** For 1 16-oz can garbanzo beans, substitute 1 C peeled, chopped zucchini + 1/4 C tahini (if no sesame allergy) or sunflower butter + extra 1/2 C pumpkin purée.

**Nightshade:** Omit optional paprika.

## Instructions

### Perfectly Pumpkin Hummus with Herb Drizzle

pop + discard

Start with the hummus. Drain and rinse **1 can garbanzo beans**. Pop off the skins from the beans and discard the skins. Kids love to do this!

#### squeeze + chop + combine

Squeeze the juice of **2 lemons** and chop up **1 garlic clove**. Combine the **garbanzo beans, chopped garlic, 3 tablespoons lemon juice, 1/4 cup pumpkin purée, 2 tablespoons olive oil**, and **1 1/2 teaspoons salt** into a food processor or blender (or large bowl for use with an immersion blender).

#### blend + adjust

Blend the hummus until smooth. Add some water if needed until it reaches the desired consistency. Transfer your hummus to a bowl and clean out the food processor or blender if necessary.

#### snip + measure

Make the herb drizzle. Snip or tear **1/4 cup of Italian parsley leaves** into small bits. Combine the parsley, **1 tablespoon lemon juice, 1/2 teaspoon salt**, and **2/3 cup olive oil** to the food processor or blender (or small bowl for use with an immersion blender).

#### blend + drizzle

Blend the herb drizzle until smooth and bright green. Drizzle on top of the hummus and sprinkle **paprika** on top, if using, before serving! Yum!

## Featured Ingredient: Pumpkin!

Hi! I'm Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

### History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!

Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica! Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.

Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people. A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved! Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish

used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.

Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles! According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

## Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!" Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.

The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

## How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used for everything from baked goods to soups to ice cream, pudding, and even beer!

You can store uncut pumpkins for up to 60 days in a cool, dark place!

## Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.