



Serves 6 to 8
Preparation Time: 15 minutes
Cook Time: 25 minutes

INGREDIENTS:

1 small acorn squash (about 1.5 pounds)

1 medium sweet onion, cut into ¾-inch dice (2 cups)

1 tablespoon fresh garlic, minced (6 cloves)

½ tablespoon curry powder

1 (15-oz.) can chickpeas, rinsed and drained (or 1½ cups cooked chickpeas)

¼ cup fresh lemon juice

1 tablespoon tahini

2 tablespoons fresh parsley, finely chopped

Sea salt

Ground black pepper

Assorted fresh vegetables, for dipping

Curried Acorn Squash Hummus with Crudités

Get the party started with this hearty vegan hummus recipe featuring the flavors of acorn squash and a hint of curry. For a festive presentation, use the scooped-out squash shell as a serving bowl for your hummus, and surround it with your favorite crudité's and/or crackers for dipping.

By Darshana Thacker Wendel

- 1** Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2** Slice about one-third off the top of the acorn squash so you can use the lower portion as a deep serving bowl for the hummus. Clear out the seeds, and place the top and bottom pieces of squash face-down on the prepared baking sheet. Bake for 30 minutes. Set squash aside until cool enough to handle.
- 3** Scoop out the squash flesh from both pieces, being careful not to break the shell of the larger piece.
- 4** Meanwhile, sauté the onion, garlic, curry powder, and ½ cup water in a sauté pan, for 10 minutes over medium heat, stirring occasionally. Let it cool for 5 minutes.
- 5** Transfer onion mixture to the bowl of a food processor; add chickpeas, scooped-out squash flesh, lemon juice, tahini, and parsley. Blend to a smooth consistency, add salt and pepper to taste, and blend again briefly to incorporate.
- 6** Scoop hummus back into the acorn squash shell, and serve with crudité's or crackers.