Roasted Acorn Squash Hummus
From – Mount Nittany Health Center – Gary Glenn

2 medium acorn squash – cut in half & seeded
½ cup tahini
1 lemon – juiced
½ tsp fresh chopped garlic
1 ¼ 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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