



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

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)

This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

 Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)

 Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION