

**Roasted Pumpkin Seed Hummus**

Makes about 2 cups

**NOTE:** Cutting and peeling a raw pumpkin can be difficult. An alternative to the recipe above is to roast the pumpkin and then peel and cube it, then add it into the skillet in step #3 just to warm it when the sauce is finished cooking. It will shorten the cooking time by about 15 minutes.

*To roast the pumpkin: Preheat your oven to 400°F. Cut the stem off of the top of the pumpkin, and slice the pumpkin in half from top to bottom. Place on a baking sheet cut sides down and bake for 25 to 35 minutes, depending on the thickness of the pumpkin. Remove and let cool to the touch. The skin will easily peel off; discard the skin and cut the pumpkin flesh into chunks. (This step can be done ahead. Refrigerate the pumpkin until you are ready to use.)*

1 1/2 cups raw pumpkin seeds (pepitas)  
 1/2 cup + 3 tablespoons extra virgin olive oil, divided  
 1 teaspoon smoked dulce pimenton, divided  
 1 teaspoon chile powder, divided  
 1 teaspoon kosher salt  
 1/2 teaspoon freshly ground black pepper  
 3 to 4 garlic cloves, skins removed  
 One 15-ounce can cannellini beans  
 Juice of one large lemon

1. Preheat the oven to 350°F.
2. Place the pumpkin seeds in a medium bowl. Toss with 2 tablespoons olive oil, 1/2 teaspoon smoked pimento, 1/2 teaspoon chili powder, salt, and pepper. Toss well to coat the seeds. Spread out in a single layer on a baking sheet lined with Silpat.
3. To roast the garlic, place the cloves on a small piece of aluminum foil and drizzle with a teaspoon of olive oil. Gather the foil to enclose the garlic cloves.
4. Roast the seed and the garlic in the oven for 10-15 minutes. Stir the seeds every 5 minutes, and roast until they are golden brown. Remove the seeds and garlic from the oven and transfer both to a plate to cool. Reserve 1 tablespoon of pumpkin seeds and set aside for garnish.
5. Place the remaining seeds and 1/4 cup olive oil into the bowl of a food processor. Process into a smooth paste. Scrape down the sides of the bowl and add the roasted garlic and the cannellini beans. With the motor running add in the remaining 1/4 cup olive oil and process until well combined. Add in the remaining 1/2 teaspoon smoked pimenton, 1/2 teaspoon chile powder, and the lemon juice and continue to process. Taste and season with salt and pepper.
6. Remove the hummus to a serving bowl; drizzle the top with the remaining tablespoon olive oil and garnish with the reserved pumpkin seeds.

*Recipe courtesy of Sur La Table Chef Lynne Just*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*

