



## **Roasted Squash Hummus**

1 Kabocha squash (3 to 6 pounds)  
2 cups Garbanzo beans  
1/4 cup water  
Juice from half a lemon  
1/4 teaspoon cinnamon  
1/8 teaspoon ground nutmeg  
1/2 teaspoon ground cumin  
1 teaspoon brown sugar  
Olive oil as needed  
Salt to taste

Cut squash into quarters; core it; saving seeds and discarding pulp. Coat flesh side with olive oil; season with salt, and roast squash at 325 degrees for 90 minutes. Scoop out the flesh and cut into cubes.

Toss seeds in olive oil and salt; roast for 10 minutes at 350 degrees F.

In food processor, puree squash and beans with water, lemon juice, 1/4 cup olive oil, spices, and brown sugar. Season with salt to taste and add more olive oil as needed to create a smoother texture.

Garnish hummus with toasted seeds. Yield: about 4 cups

**Recipe by: Chef C. J. Jacobson**

Hint: You can use acorn squash, cooked pumpkin or even 2 cups canned puree pumpkin. For More Information see: <http://www.chicagomag.com/video/In-the-Kitchen/2016/Hummus/>

**Note:**

At Ema, the new Mediterranean hot spot, Chef **C.J. Jacobson** serves many different kinds of hummus dishes.

**Cook's Notes:**

- To soften the skin of the squash, I usually will pierce the skin with a fork or knife. Make sure to make the cuts all over the squash.
- Place squash on microwave safe dish in microwave oven. Cook on high power about 2 to 4 minutes until knife can cut skin. If it's large, it may require more microwave cooking time.
- Let it cool down before you start cutting. The microwave will soften and loosen the skin.
- I cooked my squash at 350 degrees F for about 40 to 50 minutes.
- I used 1 (15.5 oz.) can garbanzo beans, drained, rinsed; doubled the spices and brown sugar; added chopped parsley to the squash seeds for garnish; added a little more oil to make the hummus smoother; served with assorted crackers or toasted pita bread slices.

**About the Recipe:** Save some of that sweet, creamy squash to make this hummus, which is flavored with warm spices. The roasted squash seeds are delightful mixed with some minced green parsley. Serve with your favorite cracker assortment or flatbreads.