



## Hummus 3 Ways -- Pumpkin, Beet and Lemon Hummus

By Chef Veera Gaul



### Ingredients

#### Savory Pumpkin Hummus

- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 3-5 cloves of garlic
- 1 can chickpeas (garbanzo beans) drained and rinsed
- 1 cup pumpkin puree
- 2 teaspoons [Extra Virgin Olive Oil \(EVOO\)](#)\*
- 1 teaspoon ground cumin
- ¼ teaspoon cayenne pepper (more to taste)
- ¼ cup toasted pumpkin seeds
- 1 pinch paprika
- ¼ cup dried cranberries (chopped)
- O&V [Pumpkin Seed Oil](#) to drizzle \*

#### Beet Hummus

- 1 package cooked beets (8 oz)
- 3-5 cloves of garlic, peeled
- 1 cup black beans, drained and rinsed
- ¼ cup tahini
- 1 teaspoon ground cumin
- ½ teaspoon salt (more to taste)
- 2 tablespoons lemon juice (more to taste)
- 2 tablespoons [Aged balsamic vinegar](#) \*
- 1-2 tablespoons O&V [Extra Virgin Olive Oil \(EVOO\)](#) \*

### Lemon Hummus

1 (15 oz) can chickpeas (garbanzo beans) (drained, reserve a little of the liquid)  
2 cloves garlic, crushed  
1 teaspoon ground cumin  
½ teaspoon salt  
3 tablespoons O&V [Lemon Olive oil](#) \*  
Zest of one lemon  
Lemon Juice to taste

### **Preparation**

#### Savory Pumpkin Hummus

Pulse lemon juice, tahini, garlic and salt in a food processor until smooth. Add chickpeas and EVOO and pulse till smooth. Add pumpkin, cumin, cayenne and process till well blended. Transfer to a container and refrigerate for at least 2 hours to let the flavors combine.

Fold in pumpkin seeds and dried cranberries. Garnish with a drizzle of pumpkin seed oil and a sprinkle of paprika

#### Beet Hummus

Pulse the beets, garlic, black beans in a food processor until fine. Add tahini, cumin, salt, lemon juice and balsamic vinegar and puree until smooth.

Drizzle in the EVOO in a slow stream while the processor is running.

Taste, and adjust salt and lemon juice as needed.

#### Lemon Hummus

In a food processor combine the beans, garlic, cumin, salt and olive oil. Blend on a low speed gradually adding the reserved liquid till the desired consistency is achieved. Add lemon juice to taste and half the lemon zest. Fold in. Garnish with remaining lemon zest, a little drizzle of lemon EVOO.

Serve all three with whole wheat pita bread, sliced radishes, carrot and red pepper sticks.

### **Notes**

\* I always love to use the high-quality products from our [Oil & Vinegar franchise](#), and in these recipes, you will definitely taste the difference. The [single estate EVOO](#) and the [Aged Balsamic](#) add depth of flavor to the hummus. I particularly love the added layer of citrus from the [Lemon EVOO](#) and the Austrian [Pumpkin Seed Oil](#) adds a delicious nutty flavor. You can substitute products if you like, just remember to the better the quality of your ingredients, the healthier and tastier your dish will be.

Categories: Appetizer, Snacks & Sides, Lemon EVOO, Aged Balsamic, Pumpkin Seed Oil, Hummus, Lemon, Beet Hummus, Pumpkin Hummus, Cranberries, Chickpeas, Cumin, Tahini, Garbanzo Beans, Pita Chips