



Published on *Happily Whole* (<https://www.livinghappilywhole.com>)

[Home](#) > Pumpkin Hummus & a Healthy Lunch



Pumpkin Hummus & a Healthy Lunch

October 29, 2014, written by katie

When things work out right the first time, it's always a sweet surprise! So much in this life lingers on, requiring a healthy dose of delayed gratification. Nothing wrong with that, I suppose. It builds character and encourages creativity.

But every once in a while, don't you hope for something to succeed without taking so much time and energy?

That's what happened with this **pumpkin hummus**. You see, I'd seen a couple of versions I thought I'd like online. But, they didn't quite meet my nutritional specifications. So, I set out to create my own seasonal hummus concoction. With all my ingredients before me, I started measuring, taking notes and in just a few moments I sent the food processor spinning.

Done! Then, with a bit of hesitation, I handed some to my littlest girl and we tried it together.

Here's what I heard: "Mama, can I have more?"

Music to my mama ears!

"Why yes, baby, you may have more!"

So, then I stretched my wings just a little further to create a more complete lunch using this new hummus of mine. Simple ingredients, easy to prepare and perfect for a fall mid-day meal, I came up with a lovely little lunch on a tortilla.

I held my breath with her first bite.....and, yes! It happened again. But this time without any affirmative articulation. I just sat and watched her eat it up!

Now, for a food and recipe-loving lady, there's nothing that speaks to my mommy heart as much as a little evidence that I conquered the kitchen!

Even if it was only for one little afternoon....

Recipe category

[Midday Meals: Soups, Salads & Sides](#) [1]

[Snacks and This & That](#) [2]

Restricted to members

1

Ingredients

- HUMMUS Recipe:
- $\frac{3}{4}$ cup pumpkin puree (canned or fresh)
- 2 cups chick peas (drained and rinsed or soaked and cooked)
- 1 $\frac{1}{2}$ teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon cinnamon
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon garlic (depending on your taste preferences)
- 1 teaspoon Celtic Sea salt
- $\frac{1}{4}$ or less teaspoon cayenne pepper (less if your not a fan of spicy)
- 3 tablespoons fresh lemon juice (more for adding during processing)
- 3 tablespoons olive oil
- LUNCH on a Tortilla Recipe:
- 100% whole grain tortillas OR Corn tortillas for gluten free option (pictured)
- Pumpkin hummus (as prepared from above)
- Shredded cheddar cheese* see note
- Chick peas
- Chopped spinach or other dark greens

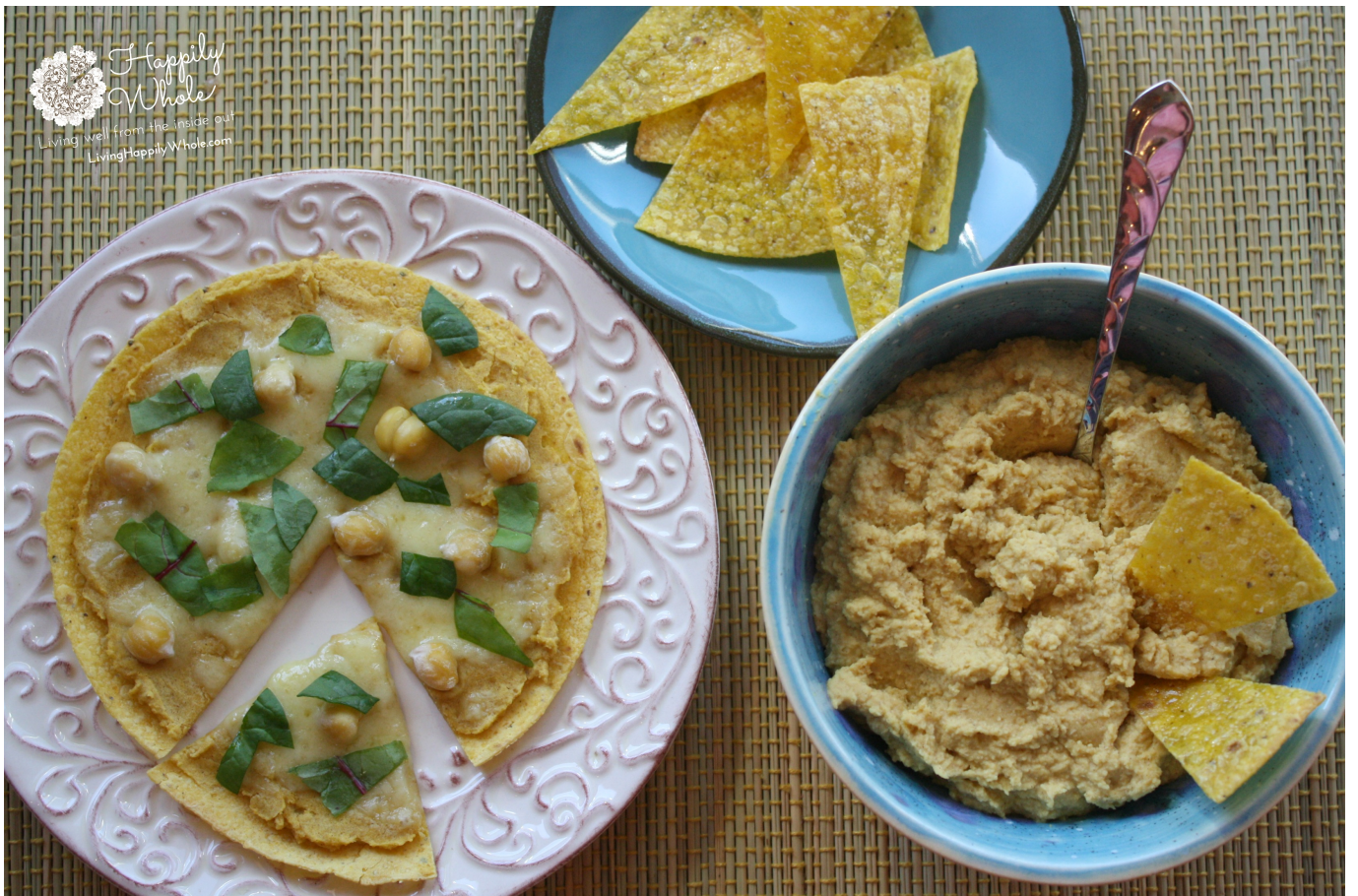
Recipe Instructions

- **Prepare the hummus:** Put all ingredients for the hummus into a food processor and process until smooth. Add a bit of lemon juice if necessary but not too much. Pumpkin lends more moisture to this hummus recipe than tahini does for [traditional hummus](#) [3].
- Enjoy the hummus on vegetables, whole grain tortilla chips or even off the spoon! Refrigerate the rest. (or pass some out to the neighbors because you're proud of your accomplishment...uh, I may or may not have done this....)
- **Use the hummus to prepare a healthy lunch on a tortilla:** Spread some of the pumpkin on your tortilla of choice. Sprinkle some chick peas on it and then some cheese. Put the tortilla (open face) into a toaster oven on the 'medium toast' setting to toast it up. Or you can use your oven's low broiler setting and watch it carefully. Broil until the cheese is melted and the edges of the tortilla are slightly crisp.
- Enjoy with a piece of fruit and/or a nice light side salad for a completely nourishing lunch!

Featured Image



Gallery





Recipe Description

A seasonal spin on [traditional hummus](#) [3], this one turned out delicious, moist and easy to eat too much of! Without the tahini and pumpkin instead, it contains more vitamin A and fiber and fewer calories than regular hummus. We enjoy it in a variety of ways, including straight from the spoon!

Recipe Notes

*I usually use raw, sharp cheddar cheese whenever I can find it at the grocery store. Pasteurized cheese is more highly processed and many of the beneficial enzymes have been killed during pasteurization.

Source URL: <https://www.livinghappilywhole.com/content/pumpkin-hummus-healthy-lunch>

Links

[1] <https://www.livinghappilywhole.com/recipe-category/midday-meals-soups-salads-sides>

[2] <https://www.livinghappilywhole.com/recipe-category/snacks-and>

[3] <https://www.livinghappilywhole.com/content/traditional-homemade-hummus>