White Bean and Pumpkin Hummus

Yield: 12 servings  
Total Time:  5 minutes

Ingredients:
2 garlic cloves  
1 (15-ounce) can cannellini or other white beans  
1 cup canned pumpkin puree  
2 Tablespoons tahini (sesame seed paste)  
2 1/2 Tablespoons fresh lemon juice  
1 Tablespoon extra-virgin olive oil  
1 teaspoon ground cumin  
1/2 teaspoon smoked paprika  
1/8 teaspoon salt

Preparation Instructions:
1. Roughly chop the garlic.  
2. Drain and rinse the canned white beans.  
3. Place all ingredients in a food processor. Process until smooth (about 30 seconds).

Cost Per Serving: $0.32

Nutrition Analysis:
Per Serving: 70 calories; 2.5g fat (0.5g saturated, 0g trans); 0mg cholesterol; 30mg sodium; 10g carbohydrate (3g dietary fiber; 1g sugar); 3g protein. Vitamin A 60%, Vitamin C 4%, Calcium 4%, Iron 8% Daily Value.

Tip: Enjoy the white bean and pumpkin hummus as a snack with whole wheat pita chips or as a spread on a sandwich.