

Featured Vegetable

BUTTERNUT SQUASH

An excellent source of vitamin A, which is good for healthy eyes and skin. Also rich in Vitamin B6, Fiber, and Potassium.



Smoky Butternut Squash Hummus

Ingredients	Directions
<ul style="list-style-type: none">• 1/2 a butternut squash• Juice of 1 lemon• 1 clove garlic• 1 550 mL can of chickpeas• 2 tbsp tahini• 3 tbsp olive oil• 1/2 tsp salt• 1/2 tsp ground cumin• 1/2 tsp ground coriander• 1/2 tsp chili powder	<ul style="list-style-type: none">• Wash hands, wash everything!• Roast squash in the oven until it is soft• While squash is roasting, assemble and combine remaining ingredients in a large bowl• Scoop out flesh of squash, remove seeds, and add to bowl• use a potato masher to mash all ingredients together into a smooth hummus consistency• Serve with pita bread, veggies, crackers, or eat straight out of the bowl and ENJOY!