

Pumpkin Bean Dip

Prep Time	5 mins
Total Time	20 mins
Meal Type	Lunch,Snack,Side
Contributed By	
Source	Living Plate Teaching Kitchen
Servings	6



Ingredients

lb,c g,ml

- 1/2 Lemon, *Juiced and Zested*
- 2 Tbs Tahini
- 1 Clove Garlic, *crushed*
- 1 1/2 cups White beans, *Drained and Rinsed*
- 2 Tbs Olive oil
- 1 1/2 cups Pumpkin purée
- 1/4 tsp Cayenne pepper
- 1/2 tsp Salt
- 1 tsp Sage, fresh, *Chopped*
- 2 Tbs Pumpkin Seeds

Directions

Prep

1. Zest and juice lemon.
2. Drain and rinse beans.

Make

1. Place the lemon juice, lemon zest, tahini, garlic, white beans, olive oil, pumpkin puree, cayenne pepper, salt, and sage in a food processor. Pulse until smooth adding some water to thin if necessary.
2. Transfer to a bowl and allow to sit for 15 minutes before garnishing with pumpkin seeds and serving.
3. Serve with raw vegetables.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 7.8g		12%	Total Carbohydrates 21g		7%
Calories 173 per serving	Saturated Fat 1.2g		5%	Dietary Fiber 5g		21%
	Trans Fat 0.0g			Total Sugars 2g		
	Cholesterol 0mg		0%	Protein 7g		
	Sodium 422mg		18%	Vitamin D 0mcg 0% · Calcium 75mg 7% · Iron 3mg 17% · Potassium 468mg 9%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -