



Perfectly Pumpkin Hummus with Herb Drizzle + Fabulous Flatbread

By Erin Fletter

Prep Time 30 / Cook Time 5 / Serves 4 - 6

Shopping List

- FRESH
- 2 lemons (for 4 T lemon juice)
- 1 small garlic clove
- 1/2 bunch Italian parsley (for 1/2 C leaves)
- DAIRY
- 2 C plain yogurt **** (see allergy subs below) ****
- PANTRY
- 1 16-oz can garbanzo beans (chickpeas) **** (see allergy subs below) ****
- 1/4 C pumpkin purée
- 4 tsp salt
- 1 C olive oil
- ground paprika, optional for sprinkling **** (see allergy subs below) ****
- 4 1/4 C all-purpose flour **** (see allergy subs below) ****
- 2 tsp baking powder
- 1/2 tsp maple syrup or sugar or honey
- HAVE ON HAND
- water, to thin hummus if needed

Fun-Da-Mentals Kitchen Skills

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

snip: to use scissors to cut something with quick, sharp strokes.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

brush: to apply a liquid, like melted butter or marinade, to a pan or a food.

fry: to fry in a pan in a small amount of fat.

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

rest (dough): to let bread or pastry dough relax, allowing the dough to absorb more liquid and become more pliable before shaping it.

snip: to use scissors to cut something with quick, sharp strokes.

Equipment

- Nonstick skillet
- Large mixing bowl
- Dry measuring cups
- Measuring spoons
- Wooden spoon
- Cutting board
- Clean dish towel
- Brush to oil skillet
- Heat-resistant spatula
- Can opener
- Colander or strainer
- Citrus squeezer (optional)
- Kid-safe knife
- Food processor or blender (or bowl + immersion blender)

- Medium bowl
- Clean kid-friendly scissors (optional)
- Liquid measuring cup

Ingredients

Perfectly Pumpkin Hummus with Herb Drizzle

- pumpkin hummus:
 - 1 16-oz can garbanzo beans (chickpeas), rinsed and drained **** (for LEGUME ALLERGY sub peeled, chopped zucchini + tahini or sunflower butter + pumpkin purée—amounts below)****
 - 1/4 C pumpkin purée
 - 3 T lemon juice
 - 1 small garlic clove
 - 1 1/2 tsp salt
 - 2 T olive oil
 - water, to thin if needed
 - ground paprika, optional for sprinkling **** (Omit for NIGHTSHADE ALLERGY)****
- herb drizzle:
 - 1/4 C Italian parsley leaves
 - 1 T lemon juice
 - 1/2 tsp salt
 - 2/3 C olive oil

Fabulous Flatbread

- 4 C all-purpose flour + more if needed **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 2 tsp baking powder
- 2 tsp salt
- 1/2 tsp maple syrup or sugar or honey
- 2 C plain yogurt **** (for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)****
- 1/4 C Italian parsley leaves

□ olive oil, for brushing on bread and cooking

Food Allergen Substitutions

Perfectly Pumpkin Hummus with Herb Drizzle

Legume: For 1 16-oz can garbanzo beans, substitute 1 C peeled, chopped zucchini + 1/4 C tahini (if no sesame allergy) or sunflower butter + extra 1/2 C pumpkin purée.

Nightshade: Omit optional paprika.

Fabulous Flatbread

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Dairy: Substitute dairy-free/nut-free plain yogurt.

Instructions

Perfectly Pumpkin Hummus with Herb Drizzle

pop + discard

Start with the hummus. Drain and rinse **1 can garbanzo beans**. Pop off the skins from the beans and discard the skins. Kids love to do this!

squeeze + chop + combine

Squeeze the juice of **2 lemons** and chop up **1 garlic clove**. Combine the **garbanzo beans, chopped garlic, 3 tablespoons lemon juice, 1/4 cup pumpkin purée, 2 tablespoons olive oil**, and **1 1/2 teaspoons salt** into a food processor or blender (or large bowl for use with an immersion blender).

blend + adjust

Blend the hummus until smooth. Add some water if needed until it reaches the desired consistency. Transfer your hummus to a bowl and clean out the food processor or blender if necessary.

snip + measure

Make the herb drizzle. Snip or tear **1/4 cup of Italian parsley leaves** into small bits. Combine the parsley, **1 tablespoon lemon juice, 1/2 teaspoon salt**, and **2/3 cup olive oil** to the food processor or blender (or small bowl for use with an immersion blender).

blend + drizzle

Blend the herb drizzle until smooth and bright green. Drizzle on top of the hummus and sprinkle **paprika** on top, if using, before serving! Yum!

Fabulous Flatbread

snip + stir

Have your kids snip or tear **1/4 cup Italian parsley leaves** into tiny bits and add them to **4 cups flour**, **2 teaspoons baking powder**, and **2 teaspoons salt** in a large mixing bowl. Then, stir in **2 cups yogurt** and **1/2 teaspoon maple syrup** until the dough is too stiff for a spoon.

knead + rest

Knead the dough in the bowl until it holds together well, adding more flour if necessary. Then turn the dough out on a floured surface and cut it into about 12 pieces. Have kids continue kneading their dough for about 5 minutes until it feels smooth and elastic. Put the dough balls in an oiled bowl, cover with a clean, damp dish towel, and set aside to rest.

press + flatten

Have your kids press the dough balls flat into round discs, the thinner the better (about 1/4-inch or less is ideal!).

brush + fry

Brush some olive oil on a **hot** nonstick skillet on the stovetop and coat each dough disc with olive oil. Lay the dough discs on the hot skillet one at a time, fitting as many as you can on the skillet at once without overlapping, and cook over medium heat for about 2 to 3 minutes. They will puff up in places or all over, and there may be some blackish-brown spots on the bottom. That's totally okay! Slide a spatula under the flatbread, flip it, and cook for 1 or 2 more minutes on the other side, just until it finishes puffing up into a balloon and begins to color lightly on top.

cool + serve

Let cool and eat with hummus, like our Perfectly Pumpkin Hummus with Herb Drizzle!

Featured Ingredient: Pumpkin!

Hi! I'm Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000

years ago!

Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica! Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.

Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people.

A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved!

Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.

Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles!

According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!"

Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.

The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used

for everything from baked goods to soups to ice cream, pudding, and even beer!
You can store uncut pumpkins for up to 60 days in a cool, dark place!

Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.