

Crispy Potatoes with Pumpkin Hummus

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Catherine Brown, Culinary Nutritionist @aseatatmytable

This recipe was featured on ABC's The Chew as part of the Thanksgiving Appetizers special!! Michael Symon, Carla Hall and Clinton Kelly gave it two thumbs up! Check out the clip down below.



Looking for something **NEW**, **DELICIOUS** and **EASY** to make for your autumn gathering? Look no further. This is *the dish* to make!

This November my family and I will celebrate our second plant-based Thanksgiving together. This year I don't intend to just transform traditional favorites. Instead, I'm creating some new dishes that incorporate our most adored autumn flavors using as many of the vegetables and herbs we've been growing in Northern New Hampshire this year.

We cleared enough space to grow New England Sugar Pie pumpkins and I'm elated they've taken off (stretching out their vines and tendrils for some distance too)! Pumpkins are packed full of nutrients like vitamins A and C, potassium, manganese, copper, riboflavin, fiber and a bit of protein too. I've never been brave enough to sacrifice any of the male flowers for culinary delights, but they are delicately flavored like the squash from which they were taken. They make an exquisite receptacle for light, creamy herbed stuffings or can be lightly breaded and flash fried. Maybe next year...

In the meantime, let's make these delectable appetizers, shall we?

Total Time: Using canned/pre-made - 45 minutes Using fresh/homemade - 60-75 minutes Prep Time: 15 minutes Bake Time: potatoes ~ 30 minutes. pumpkin ~ 40-45 minutes

For about 24 appetizers, you will need:

4-5 med/large Russet potatoes, scrubbed and dried
1 15-oz can garbanzo beans, rinsed and drained
Olive, avocado or coconut oil cooking spray (choose one that is 100% oil, GMO & propellant-free)
2 Tbsp tahini paste
1 tsp sea salt
1-2 large garlic cloves, raw or roasted (see note below)
1 small pie pumpkin or canned pumpkin, one scant cup
1/4 tsp ground nutmeg
1/2 tsp ground cinnamon
1/4 tsp white pepper (optional)
1/4 cup plant-based butter (I use [Earth Balance](#))
1/2 cup fresh sage leaves, plus more for garnish (optional)
1/4 tsp cracked black pepper
1/2 tsp coarse smoked salt (optional)

Note: One of the things I love about traditional hummus is the garlicky zing! If you'd like that flavor to be less pronounced here, use only 1 raw clove or roast several cloves. Roasting mellows the flavor and brings out the delicious sweetness of garlic.

The process:

1. Preheat oven to 400 degrees. If using fresh pumpkin, wash and dry the pumpkin. Slice the pumpkin in half and scoop out the seeds and webbing. Set these aside to roast later. Slice the pumpkin halves into 1/2-1" wedges. Place on a parchment-lined baking sheet and bake for 35-45 minutes, or until soft and browned around the edges. Set aside to cool. If roasted garlic is preferred, add the two large cloves to the baking sheet along with the pumpkin. If using canned pumpkin, skip this step.
2. While pumpkin is baking, slice potatoes into 1/4" slabs. Save the ends for another dish or discard into the compost bin. You should end up with ~24 even-sized discs. Blot each piece with paper or an absorbent towel. Place on parchment-lined baking pans/s and lightly spray both sides with oil. **This is optional, but the potatoes may not be as crisp without this step.** Place in the bottom rack of the oven with the pumpkin. Bake for approximately 15-20 minutes on each side until browned and crisp. Set aside to cool slightly.
3. Remove the pumpkin flesh from the skins, place in a bowl and mash with a fork. Strain the pumpkin in a fine mesh sieve for five minutes to remove excess liquid. **SAVE THIS LIQUID!** If using canned pumpkin, do this step as well. This straining can be done in the refrigerator overnight.
4. While potatoes are baking, make the hummus. To your high-speed blender, add the drained and rinsed garbanzo beans, strained pumpkin, tahini, sea salt, garlic, nutmeg, cinnamon, and white pepper (if using). Blend until creamy and smooth, scraping down the sides of the blender once or

twice as needed. If the mixture seems too thick, thin it a bit with the reserved pumpkin liquid or apple cider. Taste and adjust seasoning if necessary. (Purposely omitted from typical hummus is the addition of lemon juice. I find this version of hummus is better without the acidity).

5. In a small saucepan, melt the plant-based butter over medium/low heat. Add the 1/2 cup fresh sage leaves; fry until browned and crisp. Remove onto a paper towel-lined plate. Allow to cool, then crumble. Keep the sage-infused butter warm. The beautiful green color of sage will turn to military green as they cook. Having worn this color for a number of years during active duty, I do NOT want to see it on my plate. Crumbling the sage allows for the inclusion of the exquisite flavor of fried sage without drawing attention to the color. Make sure you have some more fresh sage on hand to use on the platter.

6. If you have a med/large pastry bag, great! Pull it out, fit with a large star tip (or tip of your choice), cuff down the top couple of inches and fill with about half of the pumpkin hummus. If you don't have a pastry bag, NO WORRIES! Take a gallon-sized ziplock freezer bag, snip off one corner just enough to fit a large tip about 1/2 of the way up. If the hole is too large, the tip will get squeezed out while you're piping (no fun!). Alternatively, if you don't have any tips and/or your grocery store doesn't carry any near the packaged cake mixes and frostings, you can pipe the hummus from the cut freezer bag without a tip. This will produce a smooth rather than ridged design.

7. You can pipe the hummus onto the potatoes while the potatoes are still on the baking sheet and transfer to a serving dish or arrange the potatoes onto your serving dish first and then pipe. If you've never piped anything before, I recommend piping the potatoes while they're still on the baking pan. You will have plenty of hummus to practice your design a bit on the baking sheet (or a plate) until you feel comfortable with the process.

8. Pipe about a tablespoon of the pumpkin hummus onto each potato (you should have some left-over). Drizzle each with a bit of the sage-infused butter and sprinkle with the crispy crumbled sage, cracked black pepper and smoked salt (if using). Decorate platter with a bit of fresh sage and serve. These are delicious warm or at room temperature. Enjoy!

NOTE: You can make this with pre-made hummus as well, but the texture will be slightly looser. You may also note a bit of tang from the lemon juice which I don't think works as well with the other flavors. I recommend one cup of plain (unflavored hummus) if you choose to go this route.

Here's my 5 minutes of fame on The Chew. Click on the photo to watch the clip!



Nutrition Facts	
Servings: 24	
Amount per serving	
Calories	118
	% Daily Value*
Total Fat 3.7g	5%
Saturated Fat 0.8g	4%
Cholesterol 0mg	0%
Sodium 118mg	5%
Total Carbohydrate 17.7g	6%
Dietary Fiber 4.4g	16%
Total Sugars 2.7g	
Protein 4.4g	
Vitamin D 0mcg	0%
Calcium 38mg	3%
Iron 2mg	9%
Potassium 333mg	7%

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

Recipe analyzed by [verywell](#)

When you make this, let me know how it turned out. Be sure to take a photo and tag me #chefcatherinebrown.com.

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