



Winter Recipe II

Whole Grain Sourdough Breads with 4 Hummus Recipes (Original Chickpea, Squash, Parsnip & Avocado)

The best locally-made bread brands are M.H. Bread & Butter 9 Grain from San Anselmo, Acme Whole Wheat Walnut *Levain* from Berkeley (the French word for “sourdough”, della Fattoria breads from Petaluma (*Levain*, Pane Integrale, and Seeded Wheat varieties), Grindstone Bakery from Rohnert Park (gluten-free varieties too), and Brickmaiden from Pt. Reyes Station in West Marin.

Original Chickpea Hummus

Makes 1½ cups

I've made this hummus for decades and always feel it tastes better than store-bought versions.

2 cups cooked chickpeas
2 tablespoons *each* lemon juice and sesame tahini
2 cloves garlic
½ teaspoon sea salt

1. Purée ingredients to texture desired, chunky or creamy smooth. Add bean broth if needed.

Squash Hummus

Makes 2/3 cup

Sweetly delicious with that gorgeous autumn orange color.

½ cup baked sweet winter squash (whole winter squash—kabocha, carnival, delicata, butternut—baked in 450° oven until tender, 30 to 60 minutes depending on size; skin and seeds discarded)
2 tablespoons *Easy Chickpea Hummus*
1 teaspoon curry powder, add gradually to taste
1/2 teaspoon cumin powder
1/8 teaspoon sea salt

1. Mash ingredients together.

Parsnip Hummus

Makes 1 cup

½ teaspoon high heat oil (2/3 Spectrum walnut oil with 1/3 extra virgin olive oil)
1 leek white, sliced
1 large parsnip, peeled and sliced
½ teaspoon thyme
¼ teaspoon sea salt
Bean broth or water as needed to cook, start with ½ cup
Freshly-ground black pepper
1 teaspoon *each* sesame tahini and white miso
Garnishes (optional): Fresh thyme sprig and grind of black pepper



1. Heat oil in skillet and add leek, parsnip, thyme and salt. Stir and add liquid to cover bottom of pot. Cook until veggies are tender, about 10 minutes. Transfer to food processor to purée with pepper, tahini and miso. Garnish if desired.

Avocado Hummus

Makes 2/3 cup

1 avocado

1/4 cup cooked chickpeas, drained and mashed

2 cloves garlic, pressed

¾ teaspoon sea salt

1 tablespoon lime juice

¼ cup *each* celery and red onion, diced small

1 tablespoon cilantro, minced

Bean broth to texture desired

Garnishes (optional): minced red onion and cilantro

1. Mash, or blend ingredients together in processor. Garnish to serve, if desired.