



Icahn  
School of  
Medicine at  
Mount  
Sinai

Department of Genetics and Genomic Sciences  
Icahn Institute for Genomics and Multiscale Biology

## METABOLIC NUTRITION PROGRAM

### Pumpkin Hummus- 10 servings

Adapted from *Cooking Light*

Per Serving: 70 Calories, 2 gm Protein, 2.5 gm Fat, 11 gm Carbohydrates

1 serving: 3 tablespoon hummus and 3 pita wedges

4 (4-inch) low protein pitas, each cut into 8 wedges

Cooking spray

2 tablespoon tahini (sesame-seed paste)

2 tablespoon fresh lemon juice

1 teaspoon ground cumin

1 teaspoon olive oil

$\frac{3}{4}$  teaspoon salt

$\frac{1}{8}$  teaspoon ground red pepper

1 (15-oz) pumpkin puree

1 garlic clove, chopped

2 tablespoon, fresh flat-leaf parsley, chopped

### Directions

1. Preheat oven to 425 F.
2. Place pita wedges on baking sheets. Coat with cooking spray. Bake at 425 F for 6 minutes or until toasted.
3. Place tahini, lemon juice, cumin, olive oil, salt, pepper, pumpkin puree and garlic in a food processor and process until smooth. Add parsley and pulse until blended.
4. Spoon hummus into a serving bowl and serve with pita wedges.

<b>Nutrition Facts</b>	
Serving Size (62g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 70	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 130%	Vitamin C 4%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	