PUMPKIN HUMMUS

4 (6") pitas, each cut into 8 wedges
Cooking spray
2 T. tahini (sesame seed paste)
2 T. fresh lemon juice
1 tsp. ground cumin 1 tsp. olive oil
3/4 tsp. salt
1/8 tsp. ground red pepper
1-15 oz. can pumpkin
1 garlic clove, chopped
2 T. chopped fresh flat-leaf parsley
1 T. pumpkin seed kernels, toasted, optional

Preheat oven to 425°. Place pita wedges on baking sheets; coat with cooking spray. Bake at 425° for 6 minutes until toasted. Place tahini and next seven ingredients (through garlic) in a food processor, and process until smooth. Add parsley; pulse until blended. Spoon hummus into a serving bowl; sprinkle with pumpkin seed kernels, if desired. Serve with pita wedges.

NUTRITION FACTS: Serving size: 3 tbsp. per serving, 10 servings