CHEESE PUMPKIN DIP

- Non-stick cooking spray
- 1 can Cannelini beans, drained and rinsed
- 3/4 cups Pumpkin puree (fresh pumpkin roasted is tastier, canned is easier)
- 1 clove Garlic, minced
- Salt and pepper to taste
- 6 oz Cabot Pepper Jack shredded (about 3/4 cups)
- Sundried tomatoes, roma tomatoes, and/or green onions, for garnish
- Tortilla chips, carrot sticks, and celery sticks, for dipping

1. **PREHEAT** oven to 350°F. Spray six ramekins with non-stick cooking spray.
2. **COMBINE** cannelini beans, pumpkin, garlic, salt and pepper in food processor and puree until smooth.
3. **DIVIDE** mixture between the 6 ramekins. Sprinkle the cheese on top of the bean and pumpkin mixture and stir to incorporate the cheese throughout. Sprinkle top with diced sundried tomatoes, if using.
4. **BAKE** for 15 minutes or until bubbling and heated throughout. Garnish with tomatoes and/or green onion, if using. Serve with chips and veggies to dip.

ADDITIONAL INFORMATION

Ingredients	1 can Cannelini beans, drained and rinsed, 1 clove garlic minced, 1S cups Pumpkin puree (fresh pumpkin roasted is tastier, canned is easier), 6 oz Cabot Pepper Jack shredded (about 1S cups), Non-stick cooking spray, Salt and pepper to taste, Sundried tomatoes, roma tomatoes, and/or green onions, for garnish, Tortilla chips, carrot sticks, and celery sticks, for dipping
Course	Starters
Cuisine	American, Seasonal Fall

Category	Dips, Vegetarian
Serving Size	6