

SWEET POTATO HUMMUS

MAKES: 16 servings (2 Tablespoons each)

INGREDIENTS

- 2 sweet potatoes (1/2 lb), peeled, cut into 1" pieces
- 1 can (15 oz) garbanzo beans, drained and rinsed*
- 2 Tablespoons lemon juice (or juice of 1 lemon)
- 1/4 cup tahini
- 2 Tablespoons olive oil
- 2 teaspoons ground cumin
- 1 clove garlic, minced
- 1/8 teaspoon salt (or to taste)
- 1/8 teaspoon pepper (or to taste)

*Garbanzo beans are the same as chickpeas. You can cook 1/2 cup dried garbanzo beans to get 1-1/2 cups cooked beans. Use this as a substitute for canned beans.

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DIRECTIONS

Boil the peeled and cut sweet potatoes in a large pot for 10 minutes or until you can pierce them easily with a fork. Once soft, drain the sweet potatoes and let cool for 10 minutes.

Once cool, transfer potatoes to a blender. Add garbanzo beans, lemon juice, tahini, olive oil, cumin, garlic, salt and pepper to the blender. Then blend until it is smooth. **Note:** If it is too thick, add 1 tablespoon of water and blend. Repeat until you get the consistency that you desire.

Serve the hummus with fresh vegetables, with whole-wheat pita bread, or on a sandwich.

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