

Sweet Potato Hummus

Makes 4 cups

Ingredients

- 1 pound sweet potatoes or yams, peeled and cut into 1-inch pieces
- 1 can (19.5 ounces) chickpeas, drained and rinsed
- 1/4 cup fresh lemon juice (from 1 lemon)
- 1/4 cup tahini (sesame paste)
- 1 ½ tablespoons olive oil
- 1 ½ teaspoons ground cumin
- 1 garlic clove, chopped
- Coarse salt and ground pepper
- Paprika (as desired) for garnish
- Whole-wheat pita and/or crudites such as red pepper and broccoli

Directions

1. Set a steamer basket in a large pot, or if you don't have a steamer, just use a regular pot with about 2 inches of water in the bottom, and reserve the water to thin at the end as necessary. If using a steamer, fill with enough water to come just below basket. Bring to a boil. Add potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes. Drain water as necessary, reserving for later, and cool slightly. Transfer to a food processor.
2. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. *Note: if you don't have tahini (sesame paste), you can substitute peanut butter or any other nut butter, although that will yield a slightly different taste.* Puree, about 1 minute; thin with reserved water if necessary. Season with salt and pepper and let cool. Refrigerate in an airtight container, up to 1 week.
3. Garnish with paprika as desired. Serve with pita wedges (toasted or not) or sliced fresh vegetables of choice. Crudités like sweet peppers, cucumbers, carrots, broccoli, or sugar pod peas are popular choices. This also makes a great spread for sandwiches or wraps.

Have some fun with children by learning about the word “crudités” and how to say it. Kids can help mix the ingredients together. Younger children can help push the buttons on the food processor, and older children can help chop the vegetables.

For each 1/4 cup serving =

80 calories

3.3 grams of fat

0 cholesterol

84 grams of sodium (since you are to rinse the beans)

29 grams of carbohydrate

2 gram of fiber

3.3 grams of protein