

## SWEET POTATO HUMMUS

NAME OF DISH

### INGREDIENTS

- \* 1 large sweet potato, unpeeled
- \* 3/4 cup of water
- \* 1/4 cup of lemon juice (two lemons)
- \* 1/4 cup of tahini
- \* 2 Tbsp of olive oil
- \* 15-ounce can of chickpeas, rinsed
- \* 1 small garlic clove, minced
- \* 1 tsp of paprika
- \* 1 tsp of salt
- \* 1/2 tsp of ground coriander
- \* 1/4 tsp of ground cumin
- \* 1/8 tsp ground cinnamon
- \* 1/8 tsp of cayenne pepper



### NUTRITIONAL INFORMATION

- |                   |                        |              |
|-------------------|------------------------|--------------|
| * Calories 170    | * Fat 9g               | * Sat fat 1g |
| * Protein 4g      | * Fiber 4g             |              |
| * Cholesterol 0mg | * Sodium 460mg         |              |
| * Sugars 4g       | * Est. added sugars 0g |              |

### INSTRUCTIONS

1. Prick sweet potato with fork several times, place on plate, microwave 12 minutes, flipping halfway through microwaving. Slice potato in half lengthwise, let cool, then scrape sweet potato flesh from skin and transfer to food processor, discard skin.
2. Combine water and lemon juice in small bowl. In separate bowl, whisk tahini and oil together.
3. Process sweet potato, chickpeas, garlic, paprika, salt, coriander, cumin, cinnamon, and cayenne in food processor until almost fully ground, about 15 seconds. Add lemon juice and tahini, processing until smooth.

Recipe from Shara Aaron, Image from [fitfoodiefinds.com](http://fitfoodiefinds.com)

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