Sweet-and-Savory Sweet Potato Hummus
Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes
Yield: 8 servings | Serving Size: ¼ cup

Ingredients

1 medium sweet potato (about 6-8 ounces)
1 (15-ounce) can garbanzo beans (chickpeas), drained and rinsed
¼ cup extra-virgin olive oil
2 tablespoons tahini (sesame seed paste)
2 tablespoons lemon juice (about ½ medium lemon)
2 garlic cloves, minced (about 1 teaspoon)
1 teaspoon ground cumin
1 teaspoon ground coriander
½ teaspoon salt
¼ teaspoon ground black pepper
1 pinch ground nutmeg

Directions

1. Prick the sweet potato all over with the prongs of a fork, then wrap in a paper towel and microwave on high (default setting) until fork-tender, about 3-4 minutes on each side.

2. While the sweet potato is cooking, add the beans, olive oil, tahini, lemon juice, garlic, cumin, coriander, salt, black pepper, and nutmeg to a food processor. Pulse to combine, then blend until mostly smooth, about 1-2 minutes.

3. Cut the cooked sweet potato in half lengthwise and let cool slightly, about 2-3 minutes.

4. Scoop the sweet potato flesh (about ⅔ cup) out of the skin and into the food processor. Discard the skin.

5. Continue blending until the mixture is very smooth, about 2-3 minutes, scraping down the sides as needed.

6. Serve immediately, or chill before serving. Store in the refrigerator for 5-7 days.

Recipe Notes

- This dip goes well with whole-grain crackers, pita, or raw vegetables.
- For a pop of flavor and texture, try adding pomegranate seeds and/or toasted pepitas (green pumpkin seeds).
- Peanut butter can be used in place of the tahini, if desired.