



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 ¾ 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.

Nutrition Facts Per Serving: Calories: 155 | Total Fat: 9.5 g | Saturated Fat: 1 g
Sodium: 200 mg | Total Carbohydrate: 15.5 g | Dietary Fiber: 3 g | Protein: 4 g

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