

Roasted Sweet Potato Hummus

Sweet potatoes are full of Vitamin A - key for immunity and healthy vision! At GCCM, we love to use hummus as a heart healthy spread on sandwiches or veggie wraps.

YIELD	PREP TIME	TOTAL TIME
16 SERVINGS	15 MIN	40 MIN

INGREDIENTS

1 medium	Sweet potato, peeled, ½" diced (about 12 oz. or 2 cups)
3 1/2 Tbsp	Olive Oil, divided
1 (15 oz) can	Chickpeas, drained & rinsed
1 each	Lemon, zested & juiced
1 clove	Garlic, crushed
3/4 tsp	Kosher Salt
1 tsp	Oregano, dried
1/2 tsp	Cumin, ground
1 tsp	Smoked Paprika
4 Tbsp	Water



CHEF'S NOTES

This flavor profile of this hummus is savory, but you could try it with a pinch of brown sugar and cayenne for a sweet and spicy version.

Serve with your favorite cut vegetables for dipping. Leftovers can be stored in the refrigerator for 3-5 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 425 °F.
2. Place the diced sweet potato on a large baking sheet and drizzle with a 1/2 Tbsp of oil. Toss to coat. Roast for about 25 minutes or until edges are browned and pieces are soft when pierced, flipping half way through. Remove from oven and set aside to cool slightly.
3. In a food processor or blender, add the chickpeas, lemon zest, lemon juice, and olive oil. Blend until the mixtures creates a smooth paste, about 1-2 minutes. Scrape down sides as needed. Add garlic and spices then process for 1 minute more to combine the spices.
4. Add the roasted sweet potatoes and process until smooth. Add the water, one Tbsp at a time, to reach desired consistency, scraping bowl between additions.

Nutrition Facts

16 servings per container

Serving Size 2 Tbsp (52 g)

Amount per serving

Calories 80

% Daily Value *

Total Fat 3.5g 5%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 8%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.4mg 2%

Potassium 92mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

