



## Sweet Potato Hummus

### Ingredients:

- 1 pound sweet potatoes or yams, peeled and cut into 1-inch pieces
- 1 can (19.5 ounces) chickpeas (or garbanzo beans), drained and rinsed
- ¼ cup lemon juice (fresh or concentrate)
- ¼ cup peanut butter (Tahini or sesame paste can be substituted for peanut butter, but will yield a slightly different taste.)
- 1½ tablespoons olive oil
- 1½ teaspoons ground cumin
- Salt and pepper to taste
- Paprika or parsley for garnish
- Whole wheat pita or sliced vegetables

### Instructions:

- 1). In a large pot, bring 1 quart of water to a boil; add potatoes; reduce to simmer, cover and cook until tender, 10 to 12 minutes.
- 2). Reserve 1 cup of water and drain the rest of the water from the potatoes. Cool the potatoes slightly and transfer them to a food processor.
- 3). Combine chickpeas, lemon juice, peanut butter, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with reserved water if necessary. The consistency should be thick but spreadable.
- 4). Season with salt and pepper and let cool. Refrigerate in an airtight container, up to 1 week.

**YIELD: 8 servings, ½-cup each**

- Garnish with paprika or sprigs of parsley 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.

### Getting kids cooking:

- Have some fun with children by learning about the word “crudités” and how to pronounce 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.

### Nutrition Analysis

Serving: 1/2 cup	Total Carb: 29.6 g
Calories: 204	Dietary Fiber: 5.3 g
Total Fat: 7.4 g	Iron: 1.7 mg
Calories from Fat: 32.7%	Protein: 6.4 g
Saturated Fat: 1.2 g	Calcium: 46.7 mg

### Source:

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