

Sweet Potato Hummus

1 large orange-fleshed sweet potato (12-14oz)
1 can (14oz) chick peas, drained, rinsed
¼ cup tahini
¼ cup lemon juice
3 tablespoons olive oil
1 small clove garlic, halved
1 1/2 teaspoons fine sea salt
2 teaspoons smoked paprika
1 teaspoon ground coriander
1 teaspoon ground cumin

1. Prick skin of sweet potato with fork. Microwave on high 6-8 minutes or until tender. Let cool 15 minutes or until cool enough to handle. Peel and cut up cooked sweet potato.

2. To make hummus , place cooked sweet potato and remaining hummus ingredients in large food processor. Cover; process until smooth. If needed, add water 1 tablespoon at a time to desired consistency. Cover and chill at least 2 hours to allow flavors to blend.

Makes 10 servings (1/4 cup hummus each)

This recipe is from Bettycrocker.com