

# Sweet Potato Hummus

Reverend Dr. Ronald B. Christian  
Community Health & Wellness Center

Newark Beth Israel | RWJBarnabas  
Medical Center HEALTH

## INGREDIENTS

- 1 medium sweet potato, baked or microwaved
- 1 can (15 oz.) low sodium chickpeas, rinsed and drained
- 2T lime juice (may substitute lemon juice)
- 4T Tahini
- 3 cloves garlic, peeled and chopped
- 6T olive oil

## INSTRUCTIONS

Remove skin from sweet potato and slice potato. Place chunks of sweet potato into a food processor. Pulse until potato is chopped or appears mashed. Add chickpeas, lime, Tahini, garlic and olive oil. Blend ingredients until well combined and consistency is creamy and smooth. Add dry seasonings and blend until well combined. Unplug the food processor and use a spatula to remove hummus to a serving bowl. Serve at room temperature with fresh veggies or healthy chips such as tortilla or pita.

**Yield: 8 servings; ½ c each**

### Nutrition Facts for Hummus:

Calories 200, Total Fat 16g, Sodium 80 g Carbohydrate 12g, Dietary Fiber 4g, Protein 5 g, Added Sugar 0g.