

# sweet potato hummus

MAKES 25 SERVINGS

This lovely orange-colored hummus is both sweet and savory. Sweet potatoes help support healthy eyes and immunity. Serve with sweet vegetables so children can scoop up these protein-rich beans.

2½ pounds sweet potatoes (about 4 cups), peeled and cubed

3½ cups (23 oz) cooked chickpeas, drained and rinsed

½ cup (4 oz) lemon juice

⅓ cup (~3 oz) tahini

4 tablespoons (2 oz) olive oil

2 teaspoons cumin (optional)

1 teaspoon granulated garlic

½ teaspoon salt

2 tablespoons brown sugar

## Purchase Notes:

#10 can chickpeas = ~68.4 oz or 10½ cups

**1** Fill large pot with about 2 inches of water. Bring water to a boil. Add cubed potatoes and cover. Reduce heat and steam for 10-12 minutes.

**2** When potatoes are fork tender, drain and cool.

**3** Add potatoes and all other ingredients to a food processor. Blend until smooth. Add warm water to adjust consistency. Refrigerate until time to serve.

Makes: 6¼ cups

Serving Size: ¼ cup