

Recipe for: SWEET POTATO HUMMUS

Serves 10-20 students a sample size portion

INGREDIENTS

- 1-2 medium sized sweet potatoes, peeled and cubed
- 1, 15 oz. can of chickpeas, drained and rinsed
- 1 clove of garlic
- 2 teaspoons of cumin
- 2-3 tablespoons olive oil, divided
- salt to taste
- veggies or crackers for dipping

DIRECTIONS

1. Preheat the oven to 450° Fahrenheit.
2. Spread peeled and cubed sweet potatoes on a baking sheet in an even layer and drizzle with 1 tablespoon of olive oil. Season with salt.
3. Bake sweet potatoes for about 25-30 minutes or until they are tender and can be pierced easily with a fork.
4. In a food processor, combine chickpeas, sweet potatoes, remaining olive oil, garlic clove, cumin and salt. Pulse until smooth, scrapping down the sides as needed.
5. Once hummus is fully blended and blended to desired consistency, serve with veggies or crackers and enjoy!

