

# MAKE A GREAT PLATE.

This healthy dip will make your taste buds hum.

## Sweet Potato Hummus

### INGREDIENTS

2 cups diced <b>sweet potatoes</b>	2 tbsp <b>tahini</b>
2 cloves <b>garlic</b>	1 tbsp <b>olive oil</b>
1 can (19.5 oz.) no-salt-added <b>chickpeas</b> , drained	1 tbsp ground <b>cumin</b>
<b>¼ cup fresh lemon juice</b>	1 tsp <b>garam masala</b>
	<b>¼ tsp salt</b> or more to taste

### DIRECTIONS

**In** a large pot, boil potatoes and garlic until soft, about 15-20 minutes. **Transfer** to a food processor or high-powered blender. **Add** chickpeas, lemon juice, tahini, oil, cumin, garam masala and salt. **Purée** until smooth, adding water if too thick.

**Serve** with vegetables.



Makes 6 servings. Each: 190 calories • 7g protein • 7g total fat • 28g carb • 5g sugar • 6g fiber • 112mg sodium