



Test Kitchen Tuesday

Try it. You might like it.

Sweet Potato White Bean Hummus

From: [Test Kitchen Tuesday](#)

Time Required:

- 1 hour to roast sweet potato (passive)
- 5 minutes to blend ingredients

Makes: Roughly 4 cups

Ingredients:

- 1 large sweet potato
- 1.75 cups drained white beans (or 1 can)
- 1/4 cup lemon juice (juice from one lemon)
- 1/4 cup tahini
- 2 tablespoons olive oil
- 2 teaspoons ground cumin (optional)
- 1/4 teaspoon coarse salt

Method:

- Preheat oven to 400 F.
- Place sweet potato in a medium casserole dish and roast for roughly one hour. When done, let cool for 20-30 minutes and peel the skin (it should just fall off)
- Place all ingredients in a high speed blender or food processor and puree for one minute, scraping down sides if needed

Nutrition:For a 2 tablespoon –sized serving.

Nutrition Facts	
Serving Size 20 g	
Amount Per Serving	
Calories 38	Calories from Fat 17
% Daily Value*	
Total Fat 1.9g	3%
Cholesterol 0mg	0%
Sodium 44mg	2%
Total Carbohydrates 4.2g	1%
Dietary Fiber 1.0g	4%
Protein 1.4g	
Vitamin A 22%	• Vitamin C 3%
Calcium 2%	• Iron 3%
Nutrition Grade A	
* Based on a 2000 calorie diet	