



## Sweet Potato Hummus

This creamy hummus is a tasty twist on a classic favorite. This recipe combines the natural sweetness of roasted sweet potatoes with the savory goodness of chickpeas, tahini, and spices. It pairs perfectly with pita and veggies.

**Preparation Time:** 30 minutes

**Cook Time:** 50 minutes

**CACFP Crediting Information:**

Beans, peas, and lentils as meat/meat alternate: ½ cup provides ¼ cup vegetable (¼ cup red/orange vegetable), 1.25 oz eq meat/meat alternate.

Beans, peas, and lentils as vegetable: ½ cup provides ½ cup vegetable (¼ cup beans, peas, and lentils, ¼ cup red/orange vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sweet potatoes, whole, fresh	4 lbs		8 lbs		<p><b>1</b> Preheat oven to 375 °F degrees. Place sweet potatoes on a sheet pan lined with parchment paper. Prick potatoes 5 or 6 times prior to baking.</p> <p>Bake:</p> <p>Conventional oven: 375 °F for 50 minutes.</p> <p>Convection oven: 350 °F for 45 minutes.</p> <p>Bake sweet potatoes until flesh is fork tender.</p> <p><b>Critical Control Point:</b></p> <p>Heat to 135 °F or higher for at least 15 seconds.</p> <p>Remove from oven, and let cool. Remove skin from sweet potatoes and set flesh aside for step 3.</p>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chickpeas, canned, low sodium, rinsed, drained	4 lbs	2 qts 2 cups	8 lbs	1 gal 1 qt	<b>2</b> In a large mixing bowl, combine the drained chickpeas, tahini, olive oil, lemon juice, garlic, paprika, salt, coriander, and cinnamon. Stir to combine.
Tahini	8 oz	1 cup	1 lb	2 cups	
Olive oil		½ cup		1 cup	<b>3</b> Process hummus in batches as needed. For 25 servings, 2 batches. For 50 servings, 4 batches.  Example for 25 servings: Place half of the peeled baked sweet potatoes in a large food processor. Add half of the chickpea mixture. Puree for 3 minutes, or until all ingredients are smooth. Scrape down the bowl as needed with a rubber spatula and puree for another 30 seconds or until hummus is smooth and creamy. (If hummus is too thick, slowly add ¼ cup water as needed). Transfer hummus to a large bowl. Proceed with the next batch. Combine all batches together and mix well with a rubber spatula.
Lemon Juice, bottled		½ cup		1 cup	
Garlic, minced		¼ cup		½ cup	
Paprika, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		1 tsp		2 tsp	<b>4</b> Transfer hummus to serving containers, cover with plastic wrap and refrigerate. <b>Critical Control Point:</b> Cool to 41 °F or lower within 4 hours. Hold at 41 °F or lower.
Coriander, ground		1 tsp		2 tsp	
Cinnamon, ground		1 tsp		2 tsp	<b>5</b> Portion with a No. 8 scoop (½ cup). Serve ½ cup.

## NUTRITION INFORMATION

For ½ cup

### NUTRIENTS

### AMOUNT

**Calories** **248**

**Total Fat** **10 g**

Saturated Fat 1 g

**Cholesterol** **0 g**

**Sodium** **207 mg**

**Total Carbohydrate** **34 g**

Dietary Fiber 6 g

Total Sugars 5 g

Added Sugars N/A

**Protein** **7 g**

Vitamin A 14153 IU

Vitamin C 20 mg

Calcium 68 mg

Iron 2 mg

N/A=no information available

**Source:**

USDA Standardized Recipes Project - 2024

## \*MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh, whole sweet potatoes	4 lbs	8 lbs

## NOTES

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Recommend serving this hummus with pita bread, crackers, and vegetables such as carrot sticks, celery sticks, cucumber slices, sweet peppers, and broccoli.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

25 Servings	50 Servings
About 8 lbs	About 16 lbs
About 3 qts 1 cup	About 1 gal 2 qts 2 cups