

# 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.

## 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 lentil vegetable, ¼ cup red/orange vegetable).



**Preparation Time: 10 minutes**

**Cooking Time: 1 hour**

**Makes: 6 servings**

## Ingredients

- 1 lb sweet potatoes, whole, raw
- 1 15 oz can chickpeas, low-sodium, rinsed, drained
- ¼ cup or 2 oz tahini
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp minced garlic
- 1 tsp paprika
- ¼ tsp salt
- ¼ tsp ground coriander
- ¼ ground cinnamon

## Directions

- 1 Heat oven to 375 °F. Place sweet potatoes on a sheet pan lined with parchment paper. Prick potatoes 5 or 6 times prior to baking. Bake sweet potatoes for 45 minutes until fork tender.

Bake:

Conventional oven: 375 °F for 45 minutes.

Convection oven: 350 °F for 40 minutes.

### Critical Control Point:

Heat to 135 °F or higher for at least 15 seconds. Remove and cool.

- 2 Remove sweet potato flesh from skin and transfer to a large food processor.
- 3 Add drained chickpeas, tahini, olive oil, lemon juice, garlic, paprika, salt, coriander, and cinnamon to the food processor. Puree for 4 minutes until all ingredients are smooth.
- 4 Scrape down the bowl as needed with a rubber spatula and puree for another 15 seconds if needed or until hummus is smooth and creamy. (If hummus is too thick, slowly add up to ⅓ cup water as needed).
- 5 Transfer hummus to a serving bowl and serve immediately, or cover with plastic wrap and refrigerate.

### Critical Control Point:

Cool to 41 °F or lower within 4 hours.

Hold at 41 °F or lower.

- 6 Portion with a No. 8 scoop (½ cup). Serve with pita bread, crackers, and/or veggies.

**NUTRITION INFORMATION**

For ½ cup

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>255</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	1 g
<b>Cholesterol</b>	<b>0 g</b>
<b>Sodium</b>	<b>210 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin A	14743 IU
Vitamin C	20 mg
Calcium	68 mg
Iron	2 mg

N/A=no information available

**NOTES**

The food safety temperatures are based on Federal consumer food safety guidance. Some information 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.

**Source:**

USDA Standardized Recipe Project - 2024

