

## Sweet Potato Hummus

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

In a large pot, boil sweet potatoes and garlic until soft, about 15-20 minutes. Transfer to a food processor or high-power 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