

Sweet Potato Hummus

Smooth blend of roasted sweet potatoes, roasted red pepper, lemon juice, garlic, cumin and cayenne

Yield: 8 servings (1/2 cup each)

Ingredients:

- 1 1/2 pounds sweet potatoes (about 3 large)
- 1 cup drained, canned roasted red peppers
- 1/3 cup fresh or refrigerated lemon juice
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- Dash ground cayenne pepper
- Chopped fresh parsley for garnish

Method:

1. Preheat oven to 400^o F.
2. Prick sweet potatoes with fork. Place on oven rack. Bake until fork-tender, 35 to 45 minutes. Remove skins. Chill.
3. In food processor, combine all ingredients except parsley. Process until smooth. Place hummus in serving dish. Sprinkle with parsley. Cover. Refrigerate until ready to serve.

Nutrition:

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| Calories: 60 | Saturated Fat: 0 mg |
| Carbohydrate: 14 g | Cholesterol: 0 mg |
| Protein: 1 g | Sodium: 160 mg |
| Total Fat: 0 g | Dietary Fiber: 2g |