Spiced Sweet Potato Hummus

Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

Cooked sweet potato lends creaminess and sweetness to a punchy hummus seasoned with lime juice and spices.

About the Recipe

275 Calories · 13 g Protein · 11 g Fiber
Side Dish
Nut-free

Ingredients

Makes 4 Servings

- 1 15-oz (425-g) can kidney beans, rinsed and drained
- 1 15-oz (425-g) can chickpeas, rinsed and drained
- 1 c (200 g) orange sweet potato, cooked and peeled
- 2 tbsp (30 mL) tahini
- 1 tsp (5 mL) iodized salt
- 1/4 tsp (1.2 mL) cinnamon
- 1 clove garlic
- 4 to 4 1/2 tbsp (60 to 67.5 mL) freshly squeezed lime juice
- 1/2 to 1 tsp (2.5 to 5 mL) chili powder
- to taste fresh cilantro or parsley (optional) **optional*

Directions

1. In a food processor, combine the kidney beans, chickpeas, sweet potato, salt, cinnamon, tahini, garlic, lime juice, 1/2 tsp (2.5 mL) of chili powder, and 1 tbsp (15 mL) of water.

2. Puree until smooth, gradually adding 2 tbsp (30 mL) of water if needed to thin the hummus and scraping down the sides of the bowl as needed.
3. Add the fresh cilantro or parsley (if using) and puree briefly to incorporate.
4. Season with additional salt and the remaining 1/2 tsp (2.5 mL) chili powder, if desired.

Nutrition Facts

Per serving:

Calories: 275

Protein: 13 g

Carbohydrate: 43 g

Sugar: 9 g

Total Fat: 7 g

Calories From Fat: 21%

Fiber: 11 g

Sodium: 914 mg