



Sweet Potato Hummus

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	158 kcal
Protein	4.89 g
Carbohydrate	28.75 g
Total Fat	2.93 g
Saturated Fat	0.41 g
Cholesterol	0 mg
Vitamin A	10092.98 IU
Vitamin C	7.41 mg
Iron	1.71 mg
Calcium	52.69 mg
Sodium	418.82 mg
Dietary Fiber	5.15 g

EQUIVALENTS: ½ cup provides ¼ cup red/orange vegetable and ¼ cup beans/legumes or .5 oz equiv meat/meat alternate (but not both).

Recipe HACCP Process: #1 No Cook

"Frequent and varied opportunities for students to taste new foods can have a strong impact on participation down the road, and can have the added benefit of getting school staff involved."

— KATHY ALEXANDER

Sweet Potato Hummus • 58 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
			<ol style="list-style-type: none"> Preheat convection oven to 400°F or conventional oven to 425°F. Line a full sheet pan with parchment paper. 	<ul style="list-style-type: none"> Offer as a condiment for falafel or as a substitute for hummus on the salad bar. For a chunkier result, add the whole chickpeas to the mixing bowl with the sweet potatoes. This recipe is easily cut in half.
Sweet potatoes	9 lb		<ol style="list-style-type: none"> Cut sweet potatoes in half and place cut side down on the prepared sheet pan. Bake until tender, about 45 minutes. Let cool slightly and peel. Place in a large stand mixer bowl. 	
Chickpeas, canned, rinsed and drained		1 #10 can	<ol style="list-style-type: none"> Purée chickpeas in batches in a food processor fitted with a steel blade until they are the consistency of a thick paste. Add to the sweet potatoes. 	
Orange juice		1½ cups	<ol style="list-style-type: none"> Add tahini (or sunbutter), orange juice, soy sauce, cumin, coriander, ginger, mustard, garlic powder and salt. Mix with a paddle attachment on medium speed until well blended, scraping down the sides of the bowl occasionally. Stir in parsley (if using). 	
Tahini or sunbutter		¾ cup		
Soy sauce		½ cup		
Ground cumin		3 Tblsp		
Ground coriander		3 Tblsp		
Ground ginger		3 Tblsp		
Ground mustard seed		3 Tblsp		
Garlic powder		3 Tblsp		
Table salt		1 Tblsp		
Chopped fresh parsley (optional)		1 cup		

