

RECIPE

Sweet Potato and Beet Hummus



Ready in **35-40 minutes**

Serves **6**

Ingredients

- 2 Okinawan sweet potatoes, cooked and peeled
- 2-4 beets cooked and peeled
- 3 cloves of garlic
- 1 tsp of cumin
- 1 tsp seasoned salt*
- Zest and juice of 1 lemon
- 1/2 cup tahini
- 1 cup of olive oil OR 1/2 cup olive oil and 1/2 cup vegetable broth

Preparation

1. Add ½ of the sweet potatoes and all of the beets in food processor
2. Add ½ cup of olive oil, lemon zest, lemon juice, garlic, cumin, seasoned salt and tahini. Blend until smooth.
3. Add the rest of the sweet potatoes and the other ½ cup of olive oil, OR ½ cup of vegetable oil a little at a time. Blend until smooth, adding more broth for a smoother texture.
4. Taste. Add more salt if needed. Garnish with sesame seeds or sprig of cilantro.

Tips

- Feel free to add a little more olive oil or water if you feel it is too thick.
- I use my own blend of *seasoned salt. You can use whatever your favorite is. A seasoned salt with at least 3-4 ingredients adds a nice depth to the flavor. Serve with your favorite veggies and pita bread.
- You can get Okinawan sweet potatoes from Asian Markets or Trader Joe's carries Japanese potatoes that are similar in taste.
- You can always use a regular sweet potato.
- Be creative - a friend used almond butter in place of tahini and it was delicious.
- Improvise - have fun!