

# Featured Vegetable

## **SWEET POTATO**

An excellent source of vitamin A, which is good for healthy eyes and skin. Also rich in Vitamin C, Fiber, and Potassium.



## Smoky Sweet Potato Hummus

Ingredients	Directions
<ul style="list-style-type: none"><li>● 1 medium <b>sweet potato</b></li><li>● Juice of 1 <b>lime</b></li><li>● 1 clove <b>garlic</b></li><li>● 1 550 mL can of <b>chickpeas</b></li><li>● 2 tbsp tahini</li><li>● 3 tbsp olive oil</li><li>● ½ tsp salt</li><li>● ½ tsp ground cumin</li><li>● ½ tsp ground coriander</li><li>● ½ tsp chili powder</li></ul>	<ul style="list-style-type: none"><li>● Wash hands, wash everything!</li><li>● Roast sweet potatoes in the oven</li><li>● While sweet potatoes are roasting, assemble and combine remaining ingredients in a large mixing bowl</li><li>● Remove skin of sweet potato, dice and add to bowl</li><li>● use a potato masher to mash all ingredients together into a smooth hummus consistency</li><li>● Serve with pita bread, veggies, crackers, or eat straight out of the bowl and ENJOY!</li></ul>