



## Sweet Potato and White Bean Dip

Yield: ~ 2 cups (8 servings)

Prep Time: 35 minutes

Total Time: 40 minutes

I developed this recipe on a whim when I intended to make hummus but didn't have any garbanzo beans in my pantry. I learned a very valuable lesson. You can make a hummus-like dip with lots of things! It's a little sweet, a little savory and a whole lot delicious.

### Ingredients:

- 1 large sweet potato
- 1 (15-ounce) can white beans, drained and rinsed
- 1 teaspoon minced fresh ginger
- 1 garlic clove
- Zest of 1 lemon
- Juice of 1 lemon
- 3 tablespoons olive oil
- Gluten-free crackers, bread, or vegetables for serving

### Instructions:

1. Preheat oven to 400 degrees F. Line a baking sheet with foil.
2. Place the sweet potato on the baking sheet and roast for 30 minutes, or until the sweet potato is soft and easily pierced with a fork. Remove from oven and cool completely.
3. Once cool, peel the skin off of the sweet potato.
4. In the bowl of a food processor, combine white beans, ginger, garlic, lemon zest, lemon juice, olive oil, and cooled sweet potato. Puree until a smooth mixture forms.
5. Serve with gluten-free crackers, bread or vegetables.

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Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories130

% Daily Value\*

Total Fat5.3 g7 %

Saturated Fat0.7 g4 %

Trans Fat0 g

Cholesterol0 mg0 %

Sodium195.1 mg8 %

Total Carbohydrate17.1 g6 %

Dietary Fiber3.4 g12 %

Total Sugars1.4 g

Added Sugars0 g0 %

Protein4.3 g

Vitamin D0 mcg0 %

Calcium48 mg4 %

Iron1.8 mg10 %

Potassium338.9 mg7 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full info at [cronometer.com](http://cronometer.com)

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