



# Roasted Sweet Potato & White Bean Dip



Makes about 3 cups

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## INGREDIENTS

- 2 cups sweet potatoes, peeled, diced
- 2 cloves garlic, peeled, whole
- 2 Tbsp olive oil
- 1 can (19oz/540mL) white kidney beans drained and rinsed \* look for No-salt-Added if possible
- 3 Tbsp tahini or a sunflower seed butter
- 3 Tbsp fresh squeezed lemon juice
- 1 tsp pure maple syrup
- 1/2 tsp each cumin and sea salt
- 1/4 tsp ground pepper
- 1/8 tsp cayenne pepper

## DIRECTIONS

1. Preheat oven to 425 F
2. In a small bowl, combine sweet potatoes, garlic cloves, and olive oil. Mix well. Transfer mixture to a baking pan. Roast uncovered in pre-heated oven for about 20 minutes until potatoes are tender. Stir occasionally during roasting. Remove from oven and let cool slightly.
3. Add roasted potatoes, garlic, remaining 1 Tbsp olive oil, and remaining ingredients to food processor. Pulse on and off until mixture is smooth. Add water if necessary to achieve desired consistency.
4. Chill at least 3 hours before serving to let flavours develop.
5. Serve with cucumber rounds, bell pepper strips, brown rice crackers,, whole wheat pita wedges, or other veggies from the garden this season!

**Nutrition Facts:** Per 2 Tbsp Serving. 52 Calories, 2.3 grams total fat, 0.3 g saturated fat, 1.9g protein, 6.4g carbs, 1.6g fibre, 0.8g sugar, 53mg sodium

Recipe from: Yum & Yummer Cookbook by Greta Podleski, 2017. Retrieved May 2023.