

JAPANESE SWEET POTATO HUMMUS

Serving Size: 5 servings

INGREDIENTS FOR JAPANESE SWEET POTATO HUMMUS

- 2 cups hummus, of choice
- 1 large purple sweet potato
- 2 Tbsp. white miso
- 1 Tbsp. honey
- 2 Tbsp. extra virgin olive oil
- sesame seeds, to taste
- honey, to taste
- roasted poblano peppers, sliced
(ingredients and recipe below)
- tahini, to taste (ingredients and recipe below)

INGREDIENTS FOR ROASTED POBLANO PEPPERS

- 6 poblano peppers
- olive oil, to taste
- salt, to taste

INGREDIENTS FOR TAHINI

- ½ cup tahini paste
- ¼ cup water
- 1 tsp. minced garlic
- 3 tbsp. lemon juice
- salt, to taste

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METHOD FOR PEPPERS

1. Preheat the oven to 400°F.
2. Slice poblano peppers into 1/4" rings.
3. In a medium bowl, combine poblano pepper rings, olive oil and salt to taste.
Toss until evenly coated.
4. Place poblano pepper slices on a baking sheet and roast for 10 minutes.
Set aside and let cool.

METHOD FOR TAHINI

1. In a small bowl, whisk tahini paste.
2. Whisk in water, then add minced garlic, lemon juice and salt to taste.
Mix well and set aside.

METHOD FOR HUMMUS

1. Poke small holes all over purple sweet potato with a fork. Place on a baking sheet and roast for 40 minutes at 400°F.
2. Allow the potato to cool completely, then peel skin off entirely.
3. Roughly chop potato, place into a food processor or blender and puree until smooth.
4. Add miso, extra virgin olive oil, honey and hummus.
Blend until completely smooth, adding water as needed.
Season with salt to taste.
5. Scoop hummus into a shallow dish. Using the back of a spoon, create a well in the center of the hummus and add tahini into the well.
6. Place poblano pepper slices on the side of hummus. Drizzle with honey and sprinkle with sesame seeds. Serve with pita chips, warm pita bread or vegetable crudité on the side.

