

Sweet Potato Hummus

Featured Item: Sweet Potatoes

Serving Size: 1/4cup • Yield 4

Fun Facts:

Orange is the sweetest version of sweet potato.

Try It!

Bake a sweet potato instead of a white potato and put toppings on it.

INGREDIENTS

1/2 Sweet Potato, LOCAL
1 1/4 teaspoon Extra Virgin Olive Oil
1/3 teaspoon Cinnamon
1/4 teaspoon Kosher Salt
1 1/2 cups Garbanzo Beans

1 1/4 teaspoon Lemon Juice
1 1/4 teaspoon Maple Syrup
1 1/4 teaspoon Vanilla Extract
2 1/4 teaspoon Cinnamon Sugar
1 1/2 teaspoon Coconut Milk



DIRECTIONS

1. Preheat oven to 350°F.
2. Scrub and wash sweet potatoes. Peel and dice into cubes. Place on a baking sheet and toss with half of the ground cinnamon. Roast for 30 minutes or until tender. Cool.
3. Drain beans.
4. Mix beans with roasted sweet potatoes in food processor.
5. Add vanilla, lemon juice, maple syrup, rest of olive oil and cinnamon, and blend. Add coconut milk and blend until creamy.
6. Serve 1/4 cup and sprinkle top with 1/2 teaspoon of cinnamon sugar. Pairs well with apple slices.

NUTRITION FACTS

Calories: 67
Total Fat: 2g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 112mg
Total Carbohydrate: 12g
Dietary Fiber: 2g
Total Sugars: 5g
Protein: 2g

Nutrition facts may vary based on specific products used.



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Mashed Sweet Potatoes

Featured Item: Sweet Potatoes

Serving Size: 1/2 cup • Yield 4

Fun Facts:

Orange vegetables are great for your eyes!

Try It!

Use sweet potatoes for healthier french fries.

INGREDIENTS

- 3** Sweet Potatoes, LOCAL
- 3 tablespoons** Butter, unsalted
- 3 tablespoons** Brown Sugar
- 1/2 teaspoons** Kosher Salt



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash sweet potatoes and remove excess dirt.
3. Place sweet potatoes into hotel pan and cover them with aluminum foil.
4. Bake for 1 1/2 to 2 hours or until a fork slides easily into the potato.
5. When potatoes are cool enough to handle, slice the potatoes in half and scoop the inside portion of the sweet potato from the skin into a steamtable pan. Discard skins.
6. To the sweet potatoes, add butter, brown sugar, and salt. Mash all together with masher or immersion blender until smooth.
7. Serve immediately.

NUTRITION FACTS

Calories: 189
Total Fat: 8g
 Saturated Fat: 5g
 Trans Fat: 0 g
Cholesterol: 22mg
Sodium: 268mg
Total Carbohydrate: 28g
 Dietary Fiber: 3g
 Total Sugars: 12g
Protein: 2g

Nutrition facts may vary based on specific products used.



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Roasted Vegetable Medley Protein Bowl

Featured Item: Sweet Potatoes

Serving Size: 1 bowl • Yield 4

Fun Facts:

Sweet potatoes are actually not related to potatoes.

Try It!

Drizzle maple syrup over cooked sweet potatoes to satisfy your sweet tooth!

INGREDIENTS

4	Eggs, Hard Boiled
1/4 cup	Red Onion, sliced
2/3 cups	Sweet Potato, LOCAL, cubed
1 cup	Cauliflower Florets
1 cup	Kale, chopped
2 1/2 teaspoons	Extra Virgin Olive Oil
2/3 teaspoon	Chili Powder
1/4 teaspoon	Salt
1/4 teaspoon	Black Pepper
1/4 cup	Hummus



DIRECTIONS

1. Onions should be cut into small chunks. Sweet potatoes should be scrubbed, peeled, and cubed. Cauliflower should be in florets. Kale should be chopped with the stems removed.
2. Preheat oven to 350 degrees. Toss sweet potatoes, onions, and cauliflower with olive oil, chili powder, salt, and pepper. Spread vegetables onto a rimmed baking sheet. Roast in the oven for 20-30 minutes or until potatoes are just tender and vegetables are slightly browned. Add kale to the baking sheet and cook another 10 minutes.
3. To serve: In a bowl, place 1/2 cup of vegetables with 1 hard boiled egg (cut in half) and 1 tablespoon hummus. Suggest serving with pita bread or chips.

NUTRITION FACTS

Calories: 181
Total Fat: 11g
 Saturated Fat: 3g
 Trans Fat: 0g
Cholesterol: 210mg
Sodium: 240mg
Total Carbohydrate: 11g
 Dietary Fiber: 2g
 Total Sugars: 4g
Protein: 9g

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