

ZESTY SWEET POTATO DIP

Make an additional meal of celery stick or zucchini slices with this Zesty Sweet Potato dip. This requires roasting the sweet potatoes and garlic, but it's worth it.

Ingredients:

- 1 large sweet potato
- 1-2 tsp healthy oil (olive, avocado, coconut, etc...)
- salt and pepper to taste
- 3 TBSP tahini paste
- 2 cloves garlic
- ½ -1 tsp salt (season to taste)
- ¼ - ½ tsp cayenne pepper (optional)
- ¼ tsp smoked paprika or Mrs. Dash Salt-Free Southwest Chipotle
- ¼ tsp cumin
- ½ lime juice

Directions:

Pre-heat oven to 375 degrees F. Line a baking/roasting tray with parchment paper. Peel sweet potato and cut into one-inch cubes. Smash/flatten garlic cloves with a knife. Spread garlic and sweet potato spaced on a parchment-lined baking/roasting tray and drizzle with oil. Sprinkle with salt and pepper and roast for 30 minutes or until tender and easily mashed with a fork. Allow to cool slightly, then add to a blender or food processor and puree until smooth. Add tahini, salt, cayenne pepper, smoked paprika, cumin and the juice from ½ a lime. Blend well. For a thinner consistency, add a little water (1 TBSP at a time) and continue blending until smooth and creamy. I like mine extra thick! Pour contents into a small serving bowl and surround with your choice of veggie slices and sticks. Makes 1 cup. Enjoy!

HINT: An easy option for this recipe is to use your leftover baked sweet potatoes with toasted minced garlic, along with the other ingredients.

Adapted from "Peas and Crayons" – Jenn Laughlin

