



SWEET POTATO AND ROASTED RED PEPPER DIP

SERVES: 12 (approx. ¼ cup each) Prep Time: 5 min. Cooking Time: 20 min.

CONTAINER EQUIVALENTS (per serving): ½ 1

VEGAN CONTAINER EQUIVALENTS (per serving): ½ 1

- 2** whole red bell peppers
- 2 cups** mashed sweet potato (approx. 3 medium; skins removed)
- ¼ cup** tahini paste
- 2 Tbsp.** fresh lemon juice
- 1 Tbsp.** extra-virgin olive oil
- 2 cloves** garlic
- 1½ tsp.** sea salt (or Himalayan salt)
- 1 tsp.** ground cumin
- 1 tsp.** ground smoked paprika
- ½ tsp.** ground black pepper

- 1.** Preheat oven to 450° F (or your oven's hottest setting).
- 2.** Line a baking sheet with foil; set aside.
- 3.** Place oven rack on the top position about 4 inches from the broiler. Lay peppers on foil-lined baking sheet. Roast for 15 to 20 minutes or until skins are black. Once darkened remove from the oven; set aside until peppers are cool enough to handle.
- 4.** Remove seeds and stems from peppers, and scrape away charred skin.
- 5.** Place peppers, sweet potato, tahini paste, lemon juice, oil, garlic, salt, cumin, paprika, and pepper into a food processor and process until smooth.
- 6.** Serve immediately, or store refrigerated in an airtight container for up to 4 days.

SPECIAL EQUIPMENT:

Aluminum foil

RECIPE NOTE:

This is a perfect way to use meal-prepped sweet potatoes.

NUTRITIONAL INFORMATION (per serving): Calories: 91 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 20 mg Carbohydrates: 13 g Fiber: 2 g Sugars: 4 g Protein: 2 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.