

'UALA (SWEET POTATO) HUMMUS

INGREDIENTS

- 1 pound **'uala** (purple recommended)
- $\frac{3}{4}$ cup **low-fat milk**
- 1 $\frac{1}{2}$ teaspoons **sesame oil**
- 2 cloves **garlic**
- 1 tablespoon **lemon juice**
- 1 teaspoon **salt**

Toppings

- $\frac{1}{2}$ teaspoon **sesame seeds**
- 1 tablespoon chopped **Chinese parsley (cilantro)**

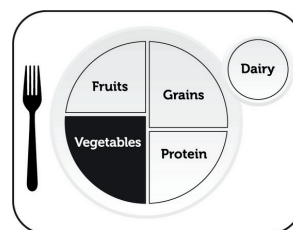
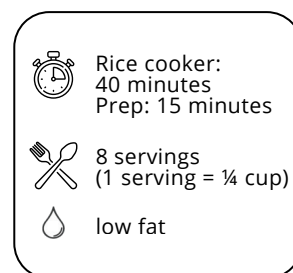
DIRECTIONS

Always practice food safety when cooking.

- 1) Follow Rice Cooker 'Uala recipe on page 67 to steam 'uala. While warm, peel skin. Place in refrigerator to cool.
- 2) When cool to the touch, cut 'uala into 1 inch pieces.
- 3) In a blender, add 'uala, milk, sesame oil, and garlic. Blend for about 1 minute or until smooth.
- 4) Add lemon juice and salt into blender. Blend for about 10 more seconds or until thoroughly mixed.
- 5) Remove mixture from blender and place in a small bowl.
- 6) Sprinkle sesame seeds and chopped Chinese parsley on top.

NOTES

- Serve as a dip with whole grain crackers, cherry tomatoes, broccoli, cauliflower, cucumber, carrots, bell peppers, zucchini, etc.
- For a thinner hummus, add more milk.
- Add more lemon juice for a more tart taste.
- Tahini can be used in place of sesame oil.
- To make this recipe without a blender, mash the 'uala with a fork until most lumps are gone. Mince garlic. Follow all other recipe directions, except to mix the ingredients in a medium bowl with a fork instead of using a blender.



Nutrition Facts	
8 servings per container	
Serving size	1/4 cup (84g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 45mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from Cooking with Nart