

Spicy Black Bean Hummus

Stephanie Collins

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| 1 clove garlic | 1 (15 oz.) can black beans,
rinsed and drained |
| 2 Tbsp. fresh lemon juice | 1 small jalapeño, chopped |
| 1 Tbsp. tahini | Dash of crushed red pepper |
| 1 tsp. cumin | 2 tsp. extra-virgin olive oil |
| ¼ tsp. salt | Dash of ground pepper |

Place garlic in a food processor; process until finely chopped. Add lemon juice, tahini, cumin, salt, black beans, jalapeño pepper; process until smooth. Spoon bean mixture into a medium bowl and drizzle with extra-virgin olive oil. Sprinkle with ground red pepper. Serve with pita chips.

Sweet Potato Hummus

Megan Hildebrandt

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| 1 large sweet potato, cooked
with skin on | 1 tsp. cumin |
| 1 can garbanzo beans, drained | 2-3 oz. feta cheese |
| 3-4 Tbsp. olive oil | 3-4 Tbsp. Kalamata olives |
| 1-2 cloves garlic | ¼ cup toasted pecans or
walnuts (reserve some for
top) |
| Juice of 1 lemon | |

Blend all ingredients in food processor. Adjust taste as desired. Let flavors blend about 1 hour before serving. Top with toasted nuts. Serve with pita chips, veggies, or flour tortilla chips.