

Buffalo White Bean Hummus with Oven-Baked Sweet Potato Chips

Enjoy these nutritious, crunchy chips with our creamy, four-ingredient, pantry-friendly dip any day of the week.

Ingredients

 **Servings** 6

Cooking spray

2 medium sweet potatoes, thinly sliced

1 tablespoon canola or corn oil and 1 tablespoon canola or corn oil, divided use


1/4 teaspoon pepper

1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained

2 tablespoons water

1 tablespoon red hot-pepper sauce and 1 tablespoon red hot-pepper sauce, divided use

Directions

 **Tip:** Click on step to mark as complete.

Preheat the oven to 400°F. Line two large baking sheets with aluminum foil. Lightly spray with cooking spray.

In a large bowl, stir together the potatoes, 1 tablespoon oil and the pepper.

Arrange the potatoes in a single layer on the baking sheets.

Bake for 20 minutes, or until just beginning to brown. Turn off the oven. Let the chips stand in the oven for 10 minutes to continue to crisp. Transfer the chips to a bowl. Let cool slightly.

Meanwhile, in a food processor or blender, process the beans, water, 1 tablespoon hot sauce, and remaining 1 tablespoon oil for 30 seconds to 1 minute, or until the mixture is smooth. Transfer to a medium bowl.

Stir in the remaining 1 tablespoon hot sauce.

Serve with the sweet potato chips.

Quick Tips




Cooking Tip: Using a mandoline is the easiest way to thinly slice the sweet potatoes. Or, you can use the slicer attachment on a food processor.

Keep it Healthy: Using sweet potatoes to make homemade chips instead of buying store-bought tortilla or potato chips is a smart way to save on sodium.

Tip: Don't have cannellini beans on hand? No worries. You can substitute no-salt-added great northern beans, navy beans, or butter beans.

 Calories

180 Per Serving

 Protein

5g Per Serving

 Fiber

6g Per Serving

Nutrition Facts

Calories	180
Total Fat	5.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.0 g
Cholesterol	0 mg
Sodium	106 mg
Total Carbohydrate	29 g
Dietary Fiber	6 g
Sugars	5 g
Protein	5 g

Dietary Exchanges

2 starch, 1/2 fat