



Makes 3½ cups
Preparation Time: 10 minutes
Cook Time: 50 minutes

INGREDIENTS:

- 1 head garlic
- 2 lb. sweet potatoes
- 2 tablespoons tahini
- 1½ tablespoons lemon juice
- 2 teaspoons za'atar spice blend
(see tip, recipe intro)
- ¼ to ½ cup unsweetened,
unflavored plant-based milk
(optional)
- Pomegranate molasses (optional)
- Whole grain crackers, such as
Wasa brand (optional, for
serving)
- Sliced bell pepper (optional, for
serving)
- Bias-sliced cucumber (optional,
for serving)
- Heirloom variety carrots, sliced
lengthwise (optional, for serving)

Sweet Potato Tahini Dip with Za'atar

Simple, healthy, and delicious **mashed sweet potato** is a classic side dish, but there are plenty of other ways to dress it up and serve it. This zesty dip, for example, gets a flavorful lift from bright, tangy, herbaceous za'atar and a whole head of roasted garlic, with a touch of tahini for richness. Serve it at room temperature as a **vegan dip** with crudité and whole-grain crackers, spoon it over a grain bowl, or spread a generous swoosh on a plate and top with roasted broccoli, cauliflower, or eggplant.

Tips

Za'atar spice blend: You'll find za'atar spice blend at Middle Eastern markets, but in a bind, you can substitute a mixture of ½ teaspoon each dried thyme, dried oregano, toasted sesame seeds, and ground sumac.

For more inspiration, check out these tasty ideas:

- [Oil-Free Baba Ghanoush](#)
- [Lentil-Walnut Pâté](#)
- [Low-Fat Hummus](#)
- [Harissa Hummus](#)

By Cameron Stauch

- 1** Preheat oven to 425°F. Peel away the dry outer layers of skin from garlic head, leaving skin and cloves intact. Cut off about ¼ inch from top of head, leaving bulb intact but exposing individual cloves. Wrap bulb in foil. Using a fork, prick each sweet potato four or five times. Set garlic packet and sweet potatoes on a baking sheet. Roast garlic 25 to 35 minutes or until the cloves feel soft when pressed. Roast sweet potatoes 40 to 60 minutes or until easily pierced with a toothpick.
- 2** Let garlic stand until cool enough to handle. Squeeze garlic cloves from papery skin into a medium bowl. Mash to a paste with a fork. When sweet potatoes are cool enough to handle, halve them and scoop pulp into the bowl with garlic; discard skins. Using a potato masher, mash mixture until completely smooth.
- 3** Stir in tahini, lemon juice, and za'atar. If you like, add enough milk to achieve desired consistency. Taste and adjust seasoning. Transfer to a shallow serving dish; use the back of a spatula or spoon to lightly smooth the top. If you like, drizzle with pomegranate molasses and sprinkle with additional za'atar spice blend. Serve warm or at room temperature.