

NYBG

HONEY & HARVEST WEEKEND



SABRA HUMMUS AUTUMN SALAD BOWL

Prepared by Sabra
Yield: 8 Servings

Ingredients

Salad

- 2 sweet potatoes, peeled and diced
- 1/3 cup olive oil, divided
- 1/2 cup couscous
- 1 cup chopped Kale
- 3 cloves garlic, minced
- 1 tart apple, diced
- 3 tablespoons diced red onion
- 3–4 tablespoons fresh lemon juice
- 1 teaspoon salt
- Zest from 1 lemon (optional)

Dressing

- 1 sweet potato, baked
- 2 tablespoons Tahini
- 2/3 to 3/4 cup water
- 1/4 teaspoon salt
- 3 x 10 ounces containers Sabra Classic hummus

Presented by



Corporate Partners



KitchenAid



NEW YORK BOTANICAL GARDEN

Instructions

Prepare sweet potatoes. Toss diced sweet potatoes with 1 tablespoon olive oil. Place on a baking sheet and bake 30–40 minutes or until browned. Using a fork, poke a hole in the whole sweet potato. Place whole sweet potato on baking sheet and bake 40–50 minutes or microwave 6–7 minutes, until soft. Set aside to cool.

Prepare Kale. Place 1 teaspoon of olive oil in a small frying pan. Add kale. Heat over medium heat until kale has just wilted, about 50–60 seconds. Set aside to cool.

Prepare couscous. Place couscous in a small heat resistant bowl. Bring 1/2 cup of water to a boil. Pour over couscous. Cover and let stand 10 minutes. Loosen couscous with a fork and place in a large mixing bowl.

Prepare Sauce. Place all ingredients in the jar of a blender. Process until well mixed and smooth. If dressing is too thick, adjust by adding a bit of water or lemon juice to taste.

Assemble Salad. Place all ingredients (except tahini sauce and hummus) in a large mixing bowl. Mix until well coated with olive oil and lemon juice. Set aside until ready to serve. May be refrigerated up to 2 days before serving.

To serve: Scoop 1/3 of a container of Sabra classic hummus onto a serving plate or bowl. Place approximately 1/2 cup of salad on top of the hummus. Drizzle with sweet potato sauce. Serve with warm pita bread and a spoon!

Optional garnishes: dried red chile, pumpkin seeds or roasted pine nuts.

If you don't have much time/energy but want to make this dish, buy chopped sweet potatoes or chopped squash and then roast. You can also omit the butternut tahini sauce.

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