

Roasted Yam & Onion Dip

(makes about 2 cups; great with veggie dippers or whole grain crackers)

Butter for baking pan
1 tablespoons Extra Virgin Olive oil
2 medium sweet potatoes, cut in $\frac{1}{2}$ lengthwise; do not peel)
1 onion, cut in half
6 cloves garlic
2 tbs. tahini
2 tsp. agave nectar
1 tbs. fresh lemon juice
 $\frac{1}{2}$ tsp. salt
1/8 tsp. black pepper
Dash of cayenne pepper
Toasted pine nuts for garnish

Preheat oven to 400 and place rack in center of oven.

Grease baking pan with a little butter. Place sweet potatoes and onion, cut side down, on to oiled pan. Wrap garlic cloves in a piece of foil and add to pan. Roast for 45 - 50 minutes, until sweet potatoes are tender and onion is golden brown. Remove from oven to cool.

When cool enough to touch, scrape yam pulp into a food processor, discarding skins. Add onion and garlic to food processor. Add remaining ingredients and blend until fairly smooth, but not pureed.

Chill to cool or room temperature. Garnish with pine nuts and a drizzle of olive oil.