

# Ginger Sweet Potato Muffins

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## Ingredients

1 3/4 cups all purpose flour  
3/4 cup firmly pack light brown sugar  
2 tsp baking powder  
1/4 tsp baking soda  
1/4 tsp salt  
1/2 tsp ground cinnamon  
1/4 tsp ground ginger or 1/2 tsp freshly grated ginger root  
3/4 cup mashed baked sweet potato, cooled  
1/2 cup milk or favorite substitute at room temperature  
2 large eggs, at room temperature, lightly beaten  
3 tbsp canola oil  
1 1/2 tsp vanilla extract  
1/4 to 1/3 cup finely chopped crystallized ginger

## Instructions

Preheat oven to 375 degrees Fahrenheit. Lightly coat twelve medium (about 3 oz.) muffin cups with nonstick vegetable cooking spray.

In a large bowl, stir together flour, brown sugar, baking powder, baking soda, salt, cinnamon, and ground ginger. In another bowl, stir together sweet potato, milk, eggs, oil and vanilla until blended. Make a well in the centre of the dry ingredients; add milk mixture and stir just to combine. Stir in crystallized ginger.

Spoon batter into prepared muffin cups. Bake for 15-20 minutes, or until a toothpick inserted in center of one muffin comes out clean. Remove muffin pans to wire rack.

Cool for 5 minutes before removing muffins from cuts; finish cooling on rack. Serve warm, or cool completely and store in an airtight container at room temperature.

# Sweet Potato Hummus

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## Ingredients

- 2 sweet potatoes
- 1 (15 oz.) can chickpeas, drained
- 3 cloves garlic, minced or crushed
- 3 tablespoons tahini
- juice of 1 lemon
- 3 tablespoons extra virgin olive oil
- 2 teaspoons cumin
- 1/2 teaspoon paprika
- salt and pepper to taste
- cayenne pepper (optional to add heat)

## Instructions

1. To roast sweet potatoes: Preheat oven to 400 degrees F. Poke with a fork about 5 or 6 times. Bake on a baking sheet until tender, about 40 minutes. Cool.
2. In a food processor, puree potato flesh with chickpeas, garlic, tahini, lemon juice, olive oil, cumin, and paprika until very smooth. Season to taste with salt and pepper. Turn up the heat with cayenne, just a pinch at a time, if desired

# Roasted Vegetable Galette

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Filling adapted from [Eating Well](#) *Serves 6-10*

### Pastry dough:

1 1/2 cups all-purpose flour  
1 cup whole wheat pastry flour OR white wheat flour  
1 teaspoon salt  
1 cup cold unsalted butter, cut into small pieces  
1/4 to 1/2 cup ice water

- Pulse flour and salt briefly in a food processor until combined. Add butter and pulse about 10 seconds, until mixture resembles coarse crumbs with some larger pieces remaining. Add 1/4 cup of ice water and pulse until mixture begins to hold together. If it's too dry, add up to 1/4 cup more ice water until dough holds (but is not wet or sticky).
- Remove dough from food processor and shape into one or two discs. Wrap in plastic wrap and refrigerate until firm, about 1 hour or overnight.

### Filling:

1 1/2 cups chopped peeled carrots  
1 1/2 cups chopped peeled parsnips or turnips  
2 cups chopped peeled sweet potatoes, butternut squash or other winter squash  
3 large shallots, peeled and chopped  
1 head garlic

~2 tablespoons extra-virgin olive oil, divided  
1/2 teaspoon dried rosemary  
1/2 teaspoon salt, or to taste  
Freshly ground pepper, to taste  
¼ crumbled goat cheese

- Preheat oven to 400°F. Lightly grease a large baking pan with olive oil or cooking spray.
- Chop carrots, parsnips, and squash into ½” uniform pieces. Combine vegetables (carrots, parsnips, squash, shallots) with 1.5 tablespoons olive oil, rosemary, salt, and pepper in a large bowl and toss to coat. Spread the vegetables on the baking sheet.
- Cut the tips off one end of the head of garlic and drizzle the exposed cloves with a teaspoon of oil. Wrap garlic in foil and place on the baking sheet with the vegetables.
- Roast vegetables and garlic until tender about 20-30 minutes. The garlic may need an additional 10-15 minutes in the oven.
- Transfer the vegetables to a large bowl. Unwrap the garlic and let cool slightly. Squeeze out the garlic cloves into a small bowl and mash with 1 teaspoon olive oil. Add the mashed garlic to the vegetables and toss to coat. Reduce oven temperature to 375°F.
- Once dough has chilled, roll it out on a floured surface into one 15” circle, about 1/4” thick (if making 2 smaller galettes, roll out into two 9” circles). Line a baking sheet with parchment paper and transfer the dough onto the sheet. Arrange the roasted vegetables on top of the dough, leaving a 2-inch border around the edges. Sprinkle goat cheese over the vegetables.
- Fold the border of the dough up and over the filling to form a rim, pleating as you go. Bake until crust is golden brown, about 50-60 minutes.