



TRISCUIT & CRACKER BARREL

Layered Sweet Potato Spread



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Prep Time: 15 min **Total Time:** 40 min Makes 14 servings, 2 Tbsp. (30 mL) dip and 15 crackers (30 g) each.

Ingredients

- Triscuit** Thin Crisps Parmesan Garlic Crackers
- 1½ cups Cracker Barrel** Tex-Mex Shredded Cheese
- 1 container (1lb./450 g) sweet potato cubes (about 3-1/2 cups)
- 1 Tbsp.** olive oil
- ¾ cup** plain 2% MF Greek yogurt
- ½ tsp.** EACH ground cumin and ground ginger
- 2** slices bacon, crisply cooked, crumbled
- 2** green onions, sliced
- ¼ cup** toasted chopped pecans
- 3 Tbsp.** pomegranate seeds
- 2 Tbsp.** roasted unsalted pumpkin seeds

Nutrition Information per Serving: 230 Calories, 11 g Total Fat, 2.5 g Saturated Fat, 10 mg Cholesterol, 260 mg Sodium, 26 g Total Carbohydrate, 4 g Dietary Fiber, 2 g Total Sugars, 8 g Protein, 8 %DV Calcium, 11 %DV Iron, 9 %DV Potassium

Preparation

- Heat** oven to 425°F.
- Toss** sweet potatoes with oil; spread evenly onto rimmed baking sheet.
- Bake** 25 min. or until potatoes are tender, stirring after 15 min.
- Use** food processor or immersion blender to blend potatoes with yogurt, cumin and ginger until smooth.
- Spread** potato mixture into 1/2-inch thickness on serving plate; top with all remaining ingredients except crackers.
- Serve** with the crackers.

Tips

- Make-Ahead**
The sweet potato mixture can be prepared ahead of time. Refrigerate up to 3 days. When ready to serve, microwave potato mixture in microwaveable bowl on HIGH 1 min. or until heated through. Spread onto serving plate, then top with remaining ingredients as directed.
- Shortcut**
Instead of baking the sweet potatoes in the oven you can cook them in the microwave. Toss the potatoes with oil and 2 Tbsp. water in microwaveable bowl. Microwave on HIGH 10 min. or until potatoes are tender. Spoon potatoes into food processor container, then continue as directed.

Substitute
Substitute chopped sweetened dried cranberries for the pomegranate seeds.

Substitute
Prepare this recipe using peeled fresh sweet potatoes cut into 3/4-inch cubes. You will need to cut about 2 medium sweet potatoes to get the 3-1/2-cup measure of cubed sweet potatoes needed to prepare this recipe.

Substitute
Serve with *Triscuit* Balsamic & Basil Crackers or **Triscuit** Cracked Pepper & Olive Oil Crackers instead of the **Triscuit** Thin Crisps Parmesan Garlic Crackers.

