



Mashed Sweet Potatoes

This recipe makes great leftovers; make sure to reheat gently. ***Multiply by 2***

| U.S. | | Metric |
|-------------|-------------------------------|---------------|
| 2 Tbsp | Milk, Skim | 30 mL |
| 1 lb | Sweet Potatoes, peeled, cubed | 455 g |
| 1 tsp | Extra Virgin Olive Oil | 5 mL |
| 1/8 tsp | Salt, Kosher | 0.75 g |
| 1 Tbsp | Butter, unsalted | 15.4 g |
| To taste | Black Pepper, ground | To taste |
| 1/4 cup | Yogurt, plain, low-fat | 56.8 g |

Preparation:

1. Gather all ingredients and equipment.
2. In a large pot, fill with 3 quarts of water and bring to a boil.
3. Add the yams and boil until they break slightly with a fork.
4. In a medium mixing bowl, add the cooked yams, along with the salt, pepper, butter, oil, and yogurt and mash until smooth. As you are mashing, slowly add in the milk. Serve warm.

Nutrition Facts

| | |
|---------------------|--------------|
| Serving size | 1 cup |
| Servings | 2 |
| Calories | 180 |
| Calories from Fat | 40 |
| Total Fat | 4.5 g |
| Saturated Fat | 2 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 100 mg |
| Carbohydrates | 33 g |
| Dietary Fiber | 5 g |
| Sugars | 2 g |
| Protein | 3 g |
| Vitamin A | 320 % |
| Calcium | 8 % |
| Vitamin C | 4 % |
| Iron | 4 % |
| Phosphorus | 70 mg |
