



Mashed Sweet Potatoes

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

U.S.

2 Tbsp	Milk, reduced fat
1 lb	Sweet Potatoes, peeled, cubed
1 tsp	Extra Virgin Olive Oil
1/8 tsp	Kosher Salt
1 Tbsp	Butter, unsalted
To taste	Black Pepper, ground
1/4 cup	Yogurt, plain, low-fat

Metric

30 mL
455 g
5 mL
0.75 g
15 g
To taste
56 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 sweet potatoes and boil until they break slightly with a fork.
4. In a medium mixing bowl, add the cooked sweet potatoes, 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

4 Servings

Serving size 1/2 cup

Amount per serving

Calories 150

Total Fat	4.5 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	110 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	6 g
Includes 0g Added Sugars	
Protein	3 g
Vitamin D	0 %
Calcium	6 %
Iron	4 %
Potassium	400 mg
Phosphorus	60 mg
