



## Mashed Sweet Potatoes

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

### U.S.

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

### Metric

30 mL
455 g
0.75 g
15 g
To taste
56 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Fill a large pot with water and bring to a boil.
3. Add the sweet potatoes and boil until they are soft, about 15 minutes.
4. In a medium mixing bowl, add the cooked sweet potatoes, along with the salt, pepper, butter, and yogurt and mash until smooth. As you are mashing, slowly add in the milk. Serve warm.

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## Nutrition Facts

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4 Servings

**Serving size** 1/2 cup

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**Amount per serving**

**Calories** 140

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<b>Total Fat</b>	3 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	150 mg
<b>Total Carbohydrate</b>	24 g
Dietary Fiber	3 g
Total Sugars	6 g
Includes 0g Added Sugars	
<b>Protein</b>	3 g
Vitamin D	0 %
Calcium	6 %
Iron	4 %
Potassium	400 mg
Phosphorus	60 mg

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