

Mashed Sweet Potatoes



We cut the calories in mashed potatoes by using low-fat yogurt to add creaminess and just a little butter for richness.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

2 lb.	Sweet Potatoes, peeled, cubed
2 Tbsp	Butter, unsalted (room temperature)
½ cup	Yogurt, plain, low-fat (room temperature)
½ tsp	Kosher Salt
To Taste	Black Pepper
¼ cup	Milk, low-fat

CHEF'S NOTES

This recipe is easily scaled up or down depending on your needs. If you are serving 4 as a side dish, simply cut the quantities in half.

Sweet potatoes are full of fiber and Vitamin A which is key for vision and immune function!

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Fill a large pot with water and bring to a boil.
3. Once boiling, add the sweet potatoes and continue boiling until they are very soft, about 15 minutes (this will depend on the size of your pieces – use a slotted spoon and a fork to test doneness).
4. Drain the potatoes and return to the pot along with the butter, yogurt, salt and pepper. Mash until smooth using a potato masher or fork. As you are mashing, slowly add in the milk.

Recipe adapted from *Health meets Food* (2019)

Nutrition Facts

8 servings per container

Serving Size 1/2 cup (140 g)

Amount per serving

Calories 140

% Daily Value *

Total Fat 3g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 200mg 9%

Total Carbohydrate 24g 9%

Dietary Fiber 3g 12%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 3g 6%

Vitamin D 0.1mcg 0%

Calcium 70mg 6%

Iron 0.71mg 4%

Potassium 400mg 9%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

