

Recipes

Mashed Sweet Potatoes

Ingredients:

4 sweet potatoes 3/4 teaspoon dried thyme 1/4 teaspoon salt 1/4 teaspoon pepper

Equipment:

Cutting board Knife Sauce pan with lid Mixing bowl Measuring spoons Potato Masher

Number of Servings: 4 Prep Time: 10 minutes Total time: 35 minutes

Directions

- 1. Wash potatoes and put them in a saucepan with enough cool water to cover the potatoes.
- 2. Bring the water to a boil, then turn down to medium heat.
- 3. Cook the potatoes for 20 to 25 minutes until they're soft.
- 4. Drain the water, and allow to cool slightly. Peel skins off potatoes and place in bowl.
- 5. Use a fork or potato masher to mash the potatoes.
- 6. Mix in the thyme, salt, and pepper.





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Nutrition Facts Serving Size: 1 cup Servings: 4 Amount Per Serving

Amount Per Serving	
Calories 138	Calories from Fat 9
	%Daily Value*
Total Fat trace 1g	0%
Saturated Fat trace	1g 0%
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate	32g 11%
Dietary Fiber 4g	16%
Protein 2g	4%
Vitamin A 522%	Vitamin C 49%
Iron 6%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.



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