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.

Nutrition Facts
Serving Size: 1 cup
Servings: 4
- Calories 130
- Calories from Fat 9
- Total Fat trace
- Saturated Fat trace
- Cholesterol 0mg
- Sodium 150mg
- Total Carbohydrate 32g
- Dietary Fiber 4g
- Protein 2g
- Vitamin A 522%
- Vitamin C 49%
- Iron 6%
- Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet