



RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



Mashed Sweet Potatoes

Featured Item: Sweet Potato

Serving Size: ¼ Cup • Number of Servings: 4

Fun Facts:

- Orange vegetables are great for your eyes!

Try It!

- Use sweet potatoes for healthier French fries.



INGREDIENTS

- 4 Sweet Potatoes, medium size, raw
- ⅓ **tbsp** Unsalted butter
- ⅔ **tsp.** Brown sugar
- ¼ **tsp.** Kosher salt

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash sweet potatoes to remove excess dirt.
3. Place in oven and cook until a fork slides easily into sweet potato.
4. Remove any discolored parts of potatoes and scoop the inside portion of potato from the skin into a bowl. Discard skin.
5. Heat remaining ingredients in a sauce pot over low heat until combined.
6. Pour sauce over sweet potatoes.
7. Puree using a handheld mixer or masher until smooth.
8. Serve.

Source: Pisanick Partners, LLC