

# Mashed Sweet Potatoes

Mashed sweet potatoes are an easy and nutritious side dish that can accompany any entree. A great idea to try in place of traditional mashed potatoes.

**Makes:** 4 Servings  
**Prep Time:** 15 minutes  
**Cook Time:** 20-25 minutes

Source: [MyPlate.gov/recipes](https://www.myplate.gov/recipes)

## Ingredients

- 4 sweet potatoes (small to medium)
- 3/4 teaspoon thyme (fresh or dried)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Directions

1. Wash hands with soap and water.
2. Wash and peel the potatoes. Cut them into slices that are 3/4 inch thick.
3. Put them in a saucepan with enough water to cover the potatoes.
4. Bring the water to a boil on medium heat.
5. Cook the potatoes for 20-25 minutes until they're soft.
6. Drain the water. Put the potatoes in a medium bowl.
7. Use a fork or potato masher to mash the potatoes.
8. Mix in the thyme, salt and pepper.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	113
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	217 mg
Total Carbohydrates:	26 g
Dietary Fiber:	4 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	2 g

## Utensils Needed

- Vegetable peeler
- Sharp knife
- Cutting board
- Large saucepan
- Fork or potato masher
- Measuring spoons
- Mixing spoon

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$4.98

Average cost/serving: \$1.25

Makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 4 to cart

Sweet potato (small to medium)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Add low-fat milk to the cooked sweet potatoes before mashing to make them extra creamy.

### Similar Recipes

- Consider trying other recipes with similar ingredients found on [snapedny.org](https://snapedny.org), such as:
  - Sweet Potato Fries
  - Sweet Potato Apple Bake