



## Sweet Potato Mash

An easy, light and flavorful addition to the holiday table or any time of year, sweet potatoes are one of the most nutritious and satisfying vegetables.

### INGREDIENTS:

- 1 medium sweet potato, peeled and cubed
- 1 large russet potato peeled and cubed
- ½ cup skim milk
- 1 tsp butter
- 1 small stalk rosemary
- 1 clove garlic, crushed
- ½ tsp sea salt
- ¼ tsp white pepper

### PREPARATION:

- Place potato cubes in a steamer basket over boiling water or stock. Cover and cook 10 minutes or until very soft
- Place skim milk, butter, rosemary and garlic in a small pot and bring to a simmer, turn off heat and let stand while veggies are cooking,
- Transfer cooked potato mix to a warm medium bowl
- Using a hand mixer begin whipping
- Strain some of the milk mixture into the potato mix and continue whipping until light and fluffy, add more milk as needed (you may not need it all)
- Season with salt and white pepper and keep warm

**Number of servings:** 4

**Serving size:** 1/3 cup

**Calories:** 75

**Fat grams:** 2

