

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 | | Calories from Fat 9 | |
| Calories 138 | | | |
| | | %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.

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