

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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