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	Stalk rosemary, small
1 Clove	Garlic, crushed
½ tsp.	Sea salt
½ tsp.	White pepper

METHOD:

- 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.

Serves: 4
Serving Size: ⅓ cup
Calories: 75
Fat: 2 gm.