

# Mashed Roasted Sweet Potatoes with Maple Syrup



Number of Servings: 4  
Prep. Time: 45 minutes or less

5 medium sweet potatoes  
2 Tablespoons maple syrup  
½ teaspoon salt  
black pepper to taste  
½ teaspoon ground cardamom (or ground nutmeg)  
1 Tablespoon margarine

Preheat oven to 375°F and place oven rack in middle position. Scrub sweet potatoes well, place on baking sheet and bake for 35-45 minutes until very soft to the squeeze. Baking time will differ depending on freshness and size of the sweet potatoes.

Remove potatoes from oven; cool briefly to handling temperature. Cut both ends off each potato and carefully peel each potato.

Place in deep bowl and mash with potato masher, large fork or back of a large spoon. Season with maple syrup, salt, black pepper and ground cardamom or nutmeg, mixing well. If necessary, reheat briefly in microwave. Scoop into serving bowl and top with margarine.

Nutritional Analysis: per serving  
Calories – 228  
Fat – 3g  
Saturated Fat – 1.9g  
% Calories from fat – 12%  
Carbohydrates – 47g  
Dietary Fiber – 5g  
Protein – 3g  
Cholesterol – 8mg  
Sodium – 368mg

*This recipe was developed for Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods. <http://www.fruitsandveggiesmorematters.org/>.*