

Garlic Mashed Sweet Potatoes

Garlic brings its rich, slightly sweet flavor to these mashed potatoes.

Ingredients:

6 medium sweet potatoes
2-4 sprigs rosemary and thyme
5 garlic cloves
1 tsp salt
1 tsp pepper

6 (48 oz) cups chicken broth,
low-sodium
4 Tbsp margarine
½ cup sour cream, fat-free
½ (4 oz) cup skim milk



Directions:

Peel and quarter sweet potatoes. Place in a large saucepan with a couple of sprigs of rosemary and fresh thyme. Add garlic, salt, pepper and chicken broth to the saucepan. Bring to a boil, then reduce heat and simmer 15-18 minutes. Drain excess liquid from potatoes and mash lightly with a fork. Add butter, sour cream, and milk. Cream with a hand mixer on low speed, leaving sweet potatoes slightly chunky. Enjoy!

Nutritional Information

Makes 6 servings

Recipe Source: Fruits & Veggies More Matters

Calories: 240

Total Fat: 9g

Saturated Fat: 1.5g

Dietary Fiber: 4g

Carbohydrates: 31g

Cholesterol: 0mg

Sodium: 580mg

Protein: 9g