

MASHED SWEET POTATOES

NAME OF DISH

INGREDIENTS

- 2 pounds of sweet potatoes, peeled and halved
- 1/2 cup Silk Original or Unsweetened Soy, Almond, or Coconut Milk
- 2 Tbsp margarine (or butter)
- 1/2 tsp salt
- 1/2 tsp fresh ground pepper
- 1/4 tsp nutmeg



INSTRUCTIONS

1. Place a steamer basket in a large saucepan. Add enough water to come just below the basket. Bring water to a boil and reduce heat to a simmer.
2. Place potatoes in steamer, cover and cook until tender, about 15-20 minutes. Drain and return to saucepan.
3. Mash warm sweet potatoes with a hand mixer or potato masher
4. Add Silk, margarine (or butter), salt, pepper and nutmeg. Mix until all ingredients are incorporated, adjusting salt and pepper to taste.