



Mashed Sweet Potatoes

Recipe by: Holly Clegg

Ingredients:

- 4 Cups mashed sweet potatoes, about 3 pounds
- 2 Tablespoon brown sugar
- 2 Tablespoon margarine, melted
- 1/4 Cup evaporated skimmed milk

Instructions:

In mixing bowl, beat together sweet potatoes, brown sugar, margarine and milk until creamy. Transfer to a baking dish and bake for 15 minutes or until thoroughly heated.

Cook Time: 20 minutes

Nutrition:

CAL 623
FAT 28g
PROTEIN 23g
CARB 56g
CHOL 91mg
SODIUM 750mg
FIBER 4g