

Mashed Sweet Potatoes

2 lbs Sweet Potatoes
1/3 c Milk
4 Tbs Butter
1/2 c Onion
1/2 tsp Cinnamon
1/4 c Onion Powder
1/4 tsp Kosher Salt

1. Peel, dice and boil potatoes.
2. Dice onion and sauté with 1 Tbs butter.
3. Strain potatoes and mash.
4. Add remaining ingredients with sautéed onions and whip.



Sweet potatoes are very healthy. They are high in beta-carotene, potassium, vitamin E, and fiber. They also have very little fat and a low glycemic index. Because of this they can help reduce heart disease, stroke, cancer, and the progression of Alzheimer's disease.

If you want to make these healthier try leaving out the butter and use olive oil in its place. If you want to try something a little different and a little less healthy try leaving out the cinnamon and add some blue cheese crumbles and bacon bits.

Be creative, have fun and enjoy!