



Whipped Sweet Potatoes

Brighten your plate with the perfect side dish. This quick and easy-to-prepare sweet potato recipe will become a menu favorite.

Makes: 6 servings **Prep time:** 5 minutes
Cook time: 20 minutes

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INGREDIENTS

- 14 ounces** sweet potatoes, fresh, peeled, cut into quarters (about 3 $\frac{1}{8}$ cups)
- 1 tablespoon** milk, low-fat (1%)
- 1 tablespoon** margarine, trans-fat free
- $\frac{1}{4}$ teaspoon** salt, table
- $\frac{1}{4}$ teaspoon** black pepper, ground

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DIRECTIONS

- 1.** Place sweet potatoes in a pot of water, and bring to a boil. Cook until fork tender, about 20 minutes. Drain well. Heat to 140 °F for at least 15 seconds.
- 2.** In a medium bowl, immediately combine drained sweet potatoes, milk, margarine, salt, and pepper.
- 3.** Using an electric mixer, mix on medium speed until potatoes are smooth and fluffy.
- 4.** Serve $\frac{1}{4}$ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup.

Nutrients	Amount
Calories	80
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	131 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	N/A
Calcium	26 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

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CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

