



## Recipe of the Month - October 2017

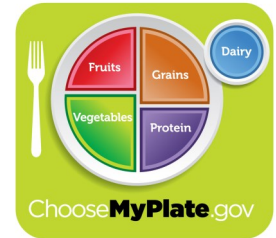
### Mashed Sweet Potatoes

Serves 5

Serving Size: 1/2 cup

#### Ingredients:

- 1 1/2 pounds sweet potatoes (3 medium)
- 3 ounces low fat cream cheese (Neufchatel)
- 1 tablespoon bread crumbs



Make MyPlate Your Plate

#### Directions:

1. Scrub sweet potatoes under cool, running water and pat dry with a paper towel. Peel skin off sweet potatoes. Cut sweet potatoes in half lengthwise and then cut into one inch chunks.
2. Put sweet potatoes in a saucepan. Cover with water.
3. Bring water to a boil. Boil sweet potatoes until tender (about 15 minutes).
4. Drain water off sweet potatoes. Add cream cheese to potatoes and mash using a potato masher or fork. Spread mashed sweet potatoes in an 8x8 inch baking dish.
5. Turn on the oven broiler.
6. Sprinkle bread crumbs on top of the mashed sweet potatoes. Broil until the bread crumbs turn golden brown (about 3 minutes).

#### Tips:

- Leftover cream cheese can be stored in the refrigerator for up to 2 weeks.

**NUTRITION FACTS PER SERVING:** 170 calories, 4g total fat (2g sat. fat), 15mg cholesterol, 140mg sodium, 29g carbohydrates, 4g fiber, 6g sugar, 4g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2017 Nutrition & Fitness Calendar*