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

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