

MASHED SWEET POTATOES

The love for sweet potatoes keeps growing! This recipe is sure to please during the holidays!

Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Sweet Potatoes

Yield: Serves 4

Ingredients

2 ¼ lbs. fresh sweet potatoes	⅓ c. half and half
½ can light or unsweetened pears, drained	⅛ – ¼ t. ground thyme (to taste)
2 T. brown sugar	Salt and pepper to taste

Preparation

Wash and then cut sweet potatoes in half. Wrap in foil.

Cook in 325° oven for 20 minutes or until the insides are done.

Allow potatoes to cool and then remove skin. In a bowl, mix potatoes with pears, sugar, thyme, and half and half.

Season with salt and pepper to taste. Heat mixture and serve hot.