



## 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

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

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### DIRECTIONS

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- 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.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>80</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>131 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
<b>Protein</b>	<b>1 g</b>
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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>

