

Mashed Sweet Potatoes



Makes: 4 servings

Mashed sweet potatoes are an easy and nutritious side dish that can accompany any entrée. A great idea to try in place of traditional mashed potatoes.

Ingredients

- 4 medium sweet potatoes
- 3/4 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Wash hands with soap and water.
2. Wash and peel the potatoes. Cut them into slices that are 3/4 inch thick.
3. Put them in a saucepan with enough water to cover the potatoes.
4. Bring the water to a boil on medium heat.
5. Cook the potatoes for 20 to 25 minutes until they're soft.
6. Drain the water. Put the potatoes in a medium bowl.
7. Use a fork or potato masher to mash the potatoes.
8. Mix in the thyme, salt, and pepper.