

# Mashed Sweet Potatoes & Apples Recipe

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**Sweet potatoes are perfect with any meal, especially when coupled with cinnamon applesauce and chunks of dried apple chips. Cut cooking time in half by zapping the taters in the microwave instead of baking them in the oven.**

**Active Time:** 10 minutes

**Total Time:** 30 minutes

## Recipe Ingredients

- 4 large sweet potatoes (about 2 1/2 lb)
- 1 cup cinnamon-flavored applesauce
- 1/4 tsp salt
- 1/2 cup dried crispy apple chips, broken in large pieces

## Recipe Preparation

1. Scrub, dry and pierce the sweet potatoes in several places with a fork. Arrange on paper towels in microwave. Cook on high 15 to 20 minutes, turning halfway, until soft when pierced with a fork. (Or, place directly on oven rack. Bake at 400°F for 45 minutes or until soft when pierced with a fork.)
2. Halve, then scoop potatoes from skins. Mash in large bowl, then stir in applesauce and salt. Heat in microwave 5 minutes until hot. Spoon into serving bowl; top with crushed apple chips.

**Plan Ahead:** You can microwave or bake potatoes in the oven, then scoop and mash 1 day before. Reheat to serve.



Photo: Caren Alpert

## Nutrition Facts

Yield 8 servings

Servings 8

### Amount Per Serving

**Calories** 141

**Total Fat** 1g

Saturated Fat 0

**Cholesterol** 0

**Sodium** 87mg

**Total Carbohydrates** 32g

Dietary Fiber 3g

**Protein** 2g