

Side Dishes

Pineapple Sweet Potatoes

Servings: 8

Exchanges: One serving (1/2 cup) = 1 bread, 1/2 fruit, 1/2 fat.

One serving = 122 calories.

24 ounces (1 1/2 lbs) sweet potatoes

1 1/2 teaspoons salt

1/8 teaspoon pepper

2 cups artificially sweetened pineapple tidbits

2 tablespoons margarine

Boil potatoes until tender; peel; cool slightly.

Mash until smooth; stir in remaining ingredients, including syrup from pineapple tidbits.

Return to stove and reheat.

Per Serving (excluding unknown items): 435 Calories; 4g Fat (8.2% calories from fat); 6g Protein; 95g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 484mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Fat.