



Butternut Pecan Sweet Potato Mash

By The Minimalist Baker

Prep time: 10 mins

Cook time: 50 mins

Total time: 1 hour

Serves: 6

Ingredients

- 3 large (or 6 small | ~ 1 lb. or 453 g) sweet potatoes, halved (skin on | organic when possible)
- 6 cups (840 g) butternut squash (~ 1 small butternut squash)
- 2 Tbsp (30 ml) grape seed or melted coconut oil, divided
- Pinch each sea salt + black pepper
- Pinch ground cinnamon
- 1 Tbsp (15 ml) maple syrup
- 1 Tbsp (14 g) vegan butter

PECAN TOPPING

- 1 cup (100 g) pecans, roughly chopped
- 1 Tbsp. (15 ml) coconut oil
- 1 Tbsp. (12 g) coconut sugar
- 1 Tbsp. (15 ml) maple syrup
- Pinch ground cinnamon
- Pinch sea salt
- *optional*: 1 Tbsp. (14 g) vegan butter

Instructions

1. Preheat oven to 400 degrees F and lightly grease (or line with parchment paper) 2 large, rimmed baking sheets. Also lightly grease a small baking dish (8x8 inch is ideal).
2. Add halved sweet potatoes to one baking sheet, and the cubed butternut squash to another. Drizzle each with 1 Tbsp. grape seed or melted coconut oil.
3. Sprinkle with a pinch of salt and pepper. Rub sweet potatoes together to distribute the oil, and toss the butternut squash as well.
4. Roast butternut squash for 15 minutes, then remove from oven and test doneness. It should be very fork tender and easily mashed. Once it's done, remove from oven and set aside.
5. Depending on the size of your sweet potatoes, they should take anywhere from 20-35 minutes total. Remove from oven when very soft to the touch. Then reduce oven heat to 350 degrees F.
6. Heat a large skillet over medium heat. Add chopped pecans and toast for 5 minutes, stirring frequently. If smoking or browning too quickly, turn heat to medium-low or low.
7. At the 5-minute mark, add coconut oil, coconut sugar, maple syrup, cinnamon, and salt. Stir to coat and cook for another 1-2 minutes. Remove from heat and set aside.
8. Peel sweet potatoes and add to a large mixing bowl with butternut squash. Use a fork, potato masher, or whisk to thoroughly mash.
9. Add another pinch salt + pepper, ground cinnamon, maple syrup and vegan butter. Mash once more to combine, then taste and adjust seasonings as needed.
10. Transfer mashed squash and potatoes to prepared baking dish and top with toasted pecans. Add 1 Tbsp. vegan butter, cubed, to add additional moisture and flavor (optional).
11. Bake for 10-15 minutes, or until completely warmed through and fragrant. Let cool briefly and then serve.
12. Leftovers store well in the refrigerator for 2-3 days, though best when fresh. Reheat in a 350 degree F oven, or in the microwave.

Nutrition Information Serving size: 1/6th of recipe Calories: 308 Fat: 16.3 g Saturated fat: 3.9 g Carbohydrates: 40.8 g Sugar: 14.5 g Sodium: 80 mg Fiber: 7.1 g Protein: 4.7 g