

# Sweet Potato & Yukon Gold Mash



Adapted From EatingWell

**6 servings, about 2/3 cup each**

**Active Time:** 15 minutes

**Total Time:** 40 minutes

## Ingredients

- 1 pound Yukon Gold potatoes, peeled and cut into 1 1/2-inch chunks
- 1 pound sweet potatoes, peeled and cut into 1 1/2-inch chunks
- 1/2 cup low-fat milk
- 2 tablespoons butter
- 1 teaspoon Honey or Agave Nectar
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper

## Preparation

1. Place potatoes and sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat and cook until very tender when pierced with a fork, 20 to 25 minutes.
2. Drain the potatoes, and then mash them in the pot to the desired consistency. Place milk and butter in a small bowl and microwave on High until the butter is mostly melted and the milk is warm, 30 to 40 seconds. (Alternatively, place in a small saucepan and heat over medium until the milk is warm.) Stir the milk mixture, sugar, salt and pepper into the mashed potatoes until combined.

## Nutrition

**Per serving:** 151 calories; 4 g fat ( 3 g sat , 0 g mono ); 11 mg cholesterol; 26 g carbohydrates; 3 g protein; 3 g fiber; 321 mg sodium; 369 mg potassium.

**Nutrition Bonus:** Vitamin A (190% daily value), Vitamin C (20% dv).