

In a carb-crazed season, this recipe builds on the natural sweetness of sweet potatoes for a rich but healthful holiday worthy dish.

Rosemary Mashed Sweet Potatoes with Shallots (from Cooking Light)

- **Yield:** 4 servings (serving size: about 1/2 cup)

Ingredients

- 5 1/2 teaspoons extra-virgin olive oil, divided
- 1/2 cup thinly sliced shallots (about 2 medium)
- 1 1/2 teaspoons brown sugar
- 1 1/3 pounds sweet potatoes, peeled and diced
- 2 teaspoons finely chopped fresh rosemary
- 1/4 teaspoon coarse sea salt
- 1/4 teaspoon black pepper



Preparation

1. Heat 4 teaspoons oil in a medium skillet over low heat. Add shallots to pan, and cook for 5 minutes, stirring occasionally. Sprinkle with sugar; cook 20 minutes or until shallots are golden, stirring occasionally.
2. Place potatoes in a medium saucepan; cover with water. Bring to a boil; cook 8 minutes or until tender. Drain. Place potatoes in a large bowl; beat with a mixer at medium speed until smooth. Add rosemary, salt, and pepper; beat until blended. Spoon into a bowl; top with shallots, and drizzle with remaining 1 1/2 teaspoons oil.

Nutritional Information

Amount per serving

- Calories 202
- Fat 6.3 g
- Saturated Fat 0.9 g
- Monounsaturated Fat 4.5 g
- Polyunsaturated Fat 0.9 g
- Protein 2.9 g
- Carbohydrate 34.9 g
- Fiber 4.8 g
- Cholesterol 0.0 mg
- Iron 1.2 mg
- Sodium 278 mg
- Calcium 55 mg