



EATING SMART
BEING ACTIVE

Mashed Sweet Potatoes

Serves: 5 Cost/Serving: \$0.54 Serving Size: 1/2 cup

INGREDIENTS

- 1 1/2 pounds sweet potatoes (3 medium)
- 3 ounces low fat cream cheese (Neufchatel)
- 1 tablespoon bread crumbs

INSTRUCTIONS

- 1 Scrub sweet potatoes under cool, running water and pat dry with a paper towel. Peel skin off sweet potatoes. Cut sweet potatoes in half lengthwise and then cut into one inch chunks.
- 2 Put sweet potatoes in a saucepan. Cover with water.
- 3 Bring water to a boil. Boil sweet potatoes until tender (about 15 minutes).
- 4 Drain water off sweet potatoes. Add cream cheese to potatoes and mash using a potato masher or fork. Spread mashed sweet potatoes in an 8x8-inch baking dish.
- 5 Turn on the oven broiler.
- 6 Sprinkle bread crumbs on top of the mashed sweet potatoes. Broil until the bread crumbs turn golden brown (about 3 minutes).

TIPS

Leftover cream cheese can be stored in the refrigerator for up to 2 weeks.

Nutrition Facts

5 servings per recipe	
Serving Size: 1/2 cup	
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Total Carbohydrates 29g	10%
Dietary Fiber 4g	16%
Total Sugars 6g	
Added Sugars	NA*
Protein 4g	
Vitamin D 0mcg	0%
Calcium 63mg	5%
Iron 0.9mg	5%
Potassium 487mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar Information is not currently available for the recipe. We will be updating the information shortly.	