

Whipped Sweet Potatoes with Apples

3 1/2 pounds sweet potatoes, about 6
medium ones
1 Tbsp. canola oil
2 Tbsp. pure, dark maple syrup, or to taste
Salt and freshly ground pepper

2 tsp. unsalted butter or margarine
1 Golden Delicious apple
Nonstick cooking spray
Nutmeg for garnish

Peel and cut the sweet potatoes into 2-inch cubes. Steam them in a steamer basket, or in a pot with 1/4 cup of water, cover and steam for 10-15 minutes or until the cubes are tender. (You can also steam them in the microwave.) Place the sweet potatoes in a large bowl.

Add the canola oil and maple syrup to the hot sweet potatoes and mash with a fork or a masher until smooth. Season to taste with salt and pepper. Spray a 9-inch square baking pan with cooking spray. Spread the sweet potatoes into the prepared dish, making an even layer.

Melt the butter in the microwave. Peel, halve and core the apple. Place each half, cut-side down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes. Brush the apples lightly with the melted butter.

Bake uncovered until the sweet potatoes are heated through and the apple slices have softened, about 25 to 30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.

Makes 12 servings, 1/2 cup per serving. Per serving: 110 calories, 2 g total fat (less than 1 g saturated fat), 22 g carbohydrates, 1 g protein, 3 g dietary fiber, 28 mg sodium

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