



Chipotle Infused Mashed Sweet Potatoes

Serves eight

4 large sweet potatoes
1 small butternut squash
1 TBS light brown sugar
1 cup heavy cream
1 chipotle pepper in adobo
1/8 cup cooking liquid
2 TBS butter
1 tsp. salt
3 tsp. black pepper

Peel and quarter the sweet potatoes and the squash. Place in a pot with the brown sugar. Cover with water and bring to a boil. Cook for about 20 minutes until tender.

Place the cream in a small pan. Add the chipotle pepper and bring to a soft boil. Remove from heat.

Place the cooked vegetables in a bowl. Add about 1/8th cup cooking liquid and the butter. Strain in some of the cream – start with ½ a cup and add more if needed. Make sure to squeeze the chipotle well to get its entire flavor. Season with salt and pepper.

Mash the vegetables with a potato masher or whip with a handheld beater.

Serve as a side for your favorite food! Enjoy!

CALORIES 238.67; FAT 14.24 grs (sat 8.76; mono 3.96; poly 0.55); PROTEIN 2.70 grs ; FIBER 4.01 grs; CARBS 26.76 grs; CHOLESTEROL 48.73 mg; IRON 1.20 mg; SODIUM 368.26 mg; CALCIUM 73.64 mg

