

Sweet Potato Mash

Ingredients:

6 large sweet potatoes

¼ cup splenda

4 tbsp. (1/2 stick) margarine

2/3 cup evaporated skim milk, warm

1 tsp. vanilla

cinnamon, to taste

salt, to taste

Scrub the potatoes and drop them into a large pot of boiling and lightly salted water. Cook until the potatoes are tender (about 30 min.) Drain the potatoes and let them cool. Preheat the oven to 350°F. When the potatoes are cool enough to hold in your hands, peel them and put them in a large mixing bowl. Mash the potatoes. Stir in splenda, margarine, evaporated milk, add cinnamon and salt, to taste. Grease baking dish with cooking spray. Spoon the potato mix into the dish and bake until bubbly (about 25-30 min.).

Nutritional Information: Total Fat: 8g Calories: 251

Carbs: 41g Protein: 4g Sodium: 138mg

