



WEIGHT ★ NO ★ MORE DIET CENTERSM



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MASHED HONEY-ROASTED SWEET POTATOES

Intermediate Lifestyle

Ingredients

6 pounds sweet potatoes, peeled and cut into 1-inch cubes
cooking spray
5 TBS honey, divided
4 TBS unsalted lite butter
3/4 TSP Morton's Lite salt

Instructions

1. Preheat oven to 375°.
2. Place potatoes in a single layer on 2 large baking sheets coated with cooking spray. Lightly spray potatoes with cooking spray. Bake at 375° for 1 hour or until tender, stirring occasionally.
3. Place the potatoes, 1/4 cup honey, butter and salt in a large bowl, and beat with a mixer at medium speed until smooth.
4. Drizzle with 1 TBS honey.

Portion-Per-Serving Information: (Yields 12 servings)

Serving = 1/2 cup = 1 G