

Garlicky Mashed Sweet Potatoes

Makes 8 servings

Let roasted garlic flavor and natural sweetness of the potatoes rule! You can keep it non-dairy by leaving out the yogurt.

3 pounds sweet potatoes, peeled and cut into chunks	$\frac{3}{4}$ - 1 cup low-sodium vegetable broth
1 large head of garlic, <i>roasted</i> (see directions below)	$\frac{1}{4}$ cup plain zero fat or 2% Greek yogurt (optional)
1 teaspoon salt	$\frac{1}{2}$ teaspoon pepper
	$\frac{1}{4}$ teaspoon ground nutmeg

Directions:

To roast the garlic:

1. Preheat oven to 400 degrees. Prepare one square of aluminum foil with 1 teaspoon olive oil in the center.
2. Cut off the top portion of the garlic head, exposing the cloves inside. Rub the cut side on the olive oiled foil. Place the garlic head cut side up on the foil. Sprinkle with salt and wrap the head tightly with the foil.
3. Place garlic in the oven and roast for 45 minutes. Cool until you can handle it with you hands. Unwrap the garlic head and squeeze the roasted garlic out of the top.

To make the potatoes:

4. Place potatoes in a large sauce pan. Cover with cold water and bring to a boil. Once boiling, add the salt and keep potatoes at a low simmer for 16 - 18 minutes until the potatoes are tender.
1. Drain the potatoes and return them to the pan. Mash the potatoes with a potato masher or hand mixer. Add enough vegetable broth to make the potatoes smooth. Add head of roasted garlic. Optionally stir in the Greek yogurt. Season with salt, pepper and nutmeg.

Recipe courtesy of Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction