Crispy Sage Mashed Sweet Potatoes

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

Sweet potatoes, particularly white sweet potatoes make for a creamy texture when cooked and mashed. The sage in this recipe offsets the sweetness of the potatoes.

About the Recipe

112 Calories · 2 g Protein · 4 g Fiber
Dinner

Sweet potatoes are a great source of vitamin B6, which may help boost brain health.

Ingredients

Makes 2 Servings

- 1 sweet potato, baked
- 1/4 tsp (1.2 mL) iodized salt
- 1/2 tsp (2.5 mL) ground black pepper
- 8 sage leaves, chopped

Directions

1. Wrap the sweet potato in foil. Bake at 450 F (232 C) for 45 minutes. Mash the sweet potato with the salt and black pepper.
2. In a small pan over medium heat, toast the sage leaves until they start to get crispy. Sprinkle the sage over the mashed sweet potatoes.

Nutrition Facts

Per serving

Calories: 69 kcal
Fat: <0.5 g
- **Saturated Fat:** 0 g
- **Calories From Fat:** 2%

Cholesterol: 0 mg
Protein: 2 g
Carbohydrates: 13 g
Sugar: 5 g
Fiber: 3 g
Sodium: 322 mg
Calcium: 34 mg
Iron: 0.6 mg
Vitamin C: 15 mg
Beta-Carotene: 8655 mcg
Vitamin E: 0.6 mg