

# 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