

## Family Recipe

### SWEET POTATO MASH

Serves 6

#### INGREDIENTS

2 lbs. sweet potatoes (4-6 medium)  
3/4 tsp. salt  
black pepper (to taste)  
2 Tbs. butter or milk (optional)

#### DIRECTIONS

Put a medium pot of water on to boil. Scrub sweet potatoes and peel.\* Cut sweet potatoes in quarters. When water boils, add sweet potatoes to pot. Lower heat, and simmer sweet potatoes until tender (about 20 minutes).

Mash sweet potatoes with a fork. Using a metal whisk with an up-and-down motion also works well. Add the butter or milk, if desired. Season with salt and pepper. Enjoy!

\*Note: When sweet potatoes are exposed to air, they begin to brown. To keep raw sweet potatoes from browning, soak them in water with a little lemon juice or vinegar.

