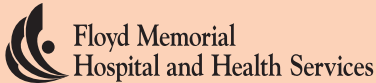


Garlic Sweet Potato Mash

- 2 lbs. (four medium) sweet potatoes, peeled and cubed
- 1 tbsp. butter or margarine
- 3 cloves garlic, crushed (or can substitute 1/2 tsp. garlic powder, omit sautéing garlic)
- 1/2 cup 1% or skim milk
- 2 tbsp light sour cream
- Salt and pepper to taste



1. In a large pot, boil sweet potatoes in salted water until tender. Drain in a colander.
2. Melt butter and sauté garlic until lightly golden.
3. Return potatoes to the pan, add milk and sour cream; mash until smooth and creamy.
4. Add salt and pepper to taste.

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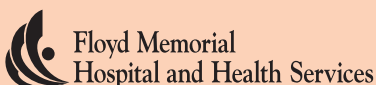
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