

**RECIPE FOR:** Mashed Purple Sweet Potato

**Our Mashed Purple Sweet Potato is prepared from local grown produce. It features garden fresh sweet potatoes from the fields with flavorful ingredients.**

Prep Time: 6 minutes Serving per Recipe: 12

Cooking Time: 22 minutes Serving Size: 4.00 oz.

**Amount Ingredient Preparation**

3 c. Purple sweet potato wash, peel, large dice, cook, strain, mash

1 3/4 T. Garlic clove ready to use, fine chop

1 c. Coconut milk ready to use

2 1/2 T. Margarine, low sodium ready to use

to taste Salt and pepper table-iodized salt, ground pepper

1 t. Canola oil ready to use, to cook ingredients

**Procedures-**

1. Place cut potato in pot and steam or simmer in water until fork tender with (CCP) internal temperature of 135 F/57 C or higher for 15 seconds.
2. Heat skillet pan at low heat with oil and cook garlic until fragrance appears.
3. Add coconut milk and simmer until slightly thicker consistency then swirl in butter.
4. Pour infused coconut milk in mixing bowl with cooked potatoes and stir together until incorporated. Season to taste with salt and pepper.
5. Remove from bowl and place into serving dish.

**Note:** (CCP) stands for Critical Control Point.

