

## Whipped Sweet Potatoes with Apples

**Serves: 12**

### Ingredients

3 ½ lbs. sweet potatoes (about 6 medium sized potatoes)	Nonstick cooking spray
1 Tbsp. canola oil	2 tsp. unsalted butter
2 Tbsp. pure, dark, maple syrup, to taste	1 Golden Delicious apple
Salt and freshly ground black pepper	Nutmeg for garnish

Peel and cut sweet potatoes into 2-inch cubes. Steam them in a steamer basket or in a pot with ¼ cup of water, cover and steam for 10-15 minutes or until the cubes are tender. You can also steam them in the microwave.

Place sweet potatoes in a large bowl. Add canola oil and maple syrup to the hot sweet potatoes and mash with a fork or a masher until smooth. Season to taste with salt and pepper. Spray a 9-inch square baking pan with cooking spray. Spread sweet potatoes into the prepared dish, making an even layer.

Melt 2 tsp. of butter in the microwave. Peel, halve, and core apple. Place each half, cut-side down, on a cutting board and cut it crosswise into thin slices. Arrange slices in overlapping rows to cover sweet potatoes. Brush apples lightly with melted butter.

Bake uncovered at 400 degrees until sweet potatoes are heated through and apple slices have softened, about 25 to 30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.

Per serving: 110 calories, 2 g total fat (<1 g saturated fat), 22 g carbohydrates, 1 g protein, 3 g dietary fiber, 28 mg sodium.