

Yukon Gold and Sweet Potato Mash

Ingredients:

- 1 pound Yukon Gold potatoes, peeled, cut into 1 1/2-inch chunks
- 1 pound sweet potatoes, peeled, cut into 1 1/2-inch chunks
- 1/2 cup low-fat milk
- 2 tablespoons butter
- 1 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Place potatoes and sweet potatoes in a large saucepan and add enough water to cover. Bring to a boil over high heat and cook until very tender when pierced with a fork, 20-25 minutes.
2. Drain the potatoes, and then mash them in the pot.
3. Add the butter, milk, salt, and pepper until combined.
4. Serve warm and enjoy!

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (133g) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 330mg | 14% |
| Total Carbohydrate 22g | 7% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Protein 3g | |
| Vitamin A 160% | Vitamin C 8% |
| Calcium 4% | Iron 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: eatingwell.com

