

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:

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Source: eatingwell.com

