

Mashed Sweet Potatoes with Toasted Pecans



3 large sweet potatoes
1 Tablespoon brown sugar

1/2 teaspoon ground cinnamon (or to taste)
1/3 cup chopped pecans

Instructions: Peel the sweet potatoes and cut in half. Fill a stockpot with water; place potatoes in water, making sure they are completely submerged. Bring to a boil, lower heat and let simmer until potatoes are tender, about 30 minutes; drain. Mash with a potato masher or mixer and add brown sugar and cinnamon. Transfer to serving dish. Toast pecans in a nonstick skillet for about 2-4 minutes. Top potatoes with toasted pecans and serve.

Yield: 6 (1 cup) servings

Nutrition Facts (*per serving*): 172 calories, 4 grams fat, 17 milligrams sodium, 33 grams carbohydrate, 3 grams fiber, 2 grams protein