

# Sweet Potatoes

## Ingredients

- 2 tbsps extra virgin olive oil
- 3/4 cup thinly sliced shallots (2 large)
- 2 tsps brown sugar
- 2 lbs sweet potatoes, peeled and diced
- 2 tbsps butter
- 1 tbsp brown sugar
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 cup milk (or more to thin)

## Summary

**Yield:** 6

**Source:** Priscilla Warnke  
adapted from Cooking Light

**Prep Time:** 20 minutes

**Category:** Potatoes

## Instructions

Cook time: 35 minutes

Rating: Excellent

Heat oil in medium skillet. Add shallots to pan and cook for 5 minutes, stirring occasionally. Sprinkle with 2 tsp. brown sugar and cook 20 minutes or until shallots are golden, stirring occasionally.

Place potatoes in a medium saucepan; cover with water. Bring to a boil cook 8 minutes or until tender. Drain. Place potatoes in a large bowl; beat with a mixer at medium speed until smooth. Add butter salt, pepper, remaining brown sugar, cinnamon and milk. Beat until well blended and smooth. Spoon into a bowl; top with shallots.

Or, bake sweet potatoes for 45-60 minutes. Cool and scoop out pulp. Beat as above and refill potato skins. Sprinkle each potato half with cooked shallots. Bake in oven until heated through (20 minutes). (Can be refridgerated overnight, increase baking time to 35 minutes).