

## Recipes using Sweet Potatoes

### Sweet Mashed Potatoes

Yield: 4 to 6 servings

#### Ingredients

10 cups sweet potatoes, peeled and chopped

1/4 to 1/2 cup butter

3 tablespoons honey

1/4 teaspoon ground cinnamon

1/4 teaspoon kosher salt

#### Directions

Add the potatoes to a large Dutch oven and cover with water. Bring to a boil over medium-high heat. Reduce the heat and simmer or until the potatoes are tender, about 8 to 10 minutes, drain well. Return the potatoes to the Dutch oven and add the butter, honey, cinnamon, and salt. Beat at medium-low speed with an electric mixer until smooth. Transfer to a serving bowl and serve hot.

Cook's Note: For more sweetness, add more honey.

Recipe courtesy Paula Deen

Read more at: <http://www.foodnetwork.com/recipes/paula-deen/mashed-sweet-potatoes-recipe.html?oc=linkback>

## **Baked Apples and Sweet Potatoes**

**Makes:** 6 servings

### Ingredients

**5** sweet potatoes (cooked)

**4** apple

**1/2 cup** brown sugar

**1/2 teaspoon** salt

**1/4 cup** margarine

**1 teaspoon** nutmeg

**1/4 cup** hot water

**2 tablespoons** honey

### Directions

1. Boil 5 sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Peel the apples. Remove the cores, and slice the apples.
4. Preheat the oven to 400 degrees.
5. Grease the casserole dish with butter or margarine.
6. Put a layer of sweet potatoes on the bottom of the dish.
7. Add a layer of apple slices.
8. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
9. Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.
10. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces.
11. Sprinkle the top layer with nutmeg.
12. Mix the hot water and honey together. Pour the mix over the top layer.
13. Bake for about 30 minutes until apples are tender.