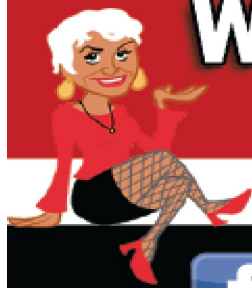


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MASHED SWEET POTATOES WITH PINEAPPLE

Advanced Lifestyle

Ingredients

- 3 large sweet potatoes (about 3-1/2 lbs.)
- 1 cup shredded carrot
- 1 cup fresh orange juice (about 2 oranges)
- 1/8 TSP ground ginger
- 2 TBS low-fat / fat-free butter or stick margarine
- 1/2 TSP Morton's Salt
- 1 (15-1/4 oz.) can crushed pineapple in juice, drained*

Instructions:

1. Preheat oven to 350°.
2. Place the sweet potatoes on a baking sheet. Bake for 1 hour 25 minutes or until potatoes are tender. Cool slightly, then peel.
3. Combine carrot, orange juice and ginger in a small saucepan. Bring to a boil, reduce heat and simmer for 15 minutes.
4. Drain the carrot mixture in a colander over a bowl, reserving 3/4 cup cooking liquid.
5. Combine potato and carrot mixture and mash.
6. Stir in 3/4 cup cooking liquid, butter, salt and pineapple.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 3/4 cup = 1/2 FR, 1 G, 1/2 FT

*Note: If you want to save time, instead of the 3 large sweet potatoes, use canned sweet potatoes. You'll need about 5 cups of mashed sweet potatoes for this recipe.