Mashed Sweet Potatoes

BY **CHEF KIRK H. CONRAD**, CHEF IN RESIDENCE, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"With a hint of cinnamon and maple syrup or honey, Chef Kirk has once again created a recipe that satisfies the students without taxing the staff."
—Chef Didi, Project Bread's Cookbook Consultant

- 36½ pounds sweet potatoes (or butternut squash), peeled and diced
- 2 cups margarine or butter
- 1⅓ cups maple syrup (or honey or brown sugar)
- 5 teaspoons cinnamon (or ground nutmeg)
- 5 teaspoons salt
- 2 teaspoons white pepper
- 1 cup chopped parsley, optional (2 ounces or 1 bunch)

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: ½ CUP

In boiling salted water, cook the sweet potatoes until fork tender, about 12 minutes.

Drain well and allow the potatoes to steam slightly in the colander to remove all the moisture.

Using a whisk or hand mixer, puree the potatoes with the margarine, maple syrup, cinnamon, salt, and pepper. Do not over mix.

Taste and season with salt and pepper if necessary.

Garnish with chopped fresh parsley, if desired.

NUTRITIONAL INFORMATION
CALORIES: 187; SODIUM: 210.29 MG; SATURATED FAT: 11.4%

USDA REQUIREMENTS MET
½ CUP RED OR ORANGE VEGETABLE

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