

## Apple and sweet potato mash

Number of servings: 5  
 Preparation time: 15 minutes  
 Total time: 25 minutes

### Ingredients:

- 1 pound sweet potato
- 3 apples
- 1 tablespoon margarine
- 2 cloves of garlic
- ½ of an onion
- 1 cup low sodium broth
- ¼ teaspoon salt and pepper
- 1 tablespoon of cumin
- 1 tablespoon vinegar
- 1 dash of nutmeg

### Equipment Needed:

Cutting board  
 Knife  
 Peeler  
 Skillet and cover  
 Wooden spoon  
 Measuring spoons and cup  
 Bowl  
 Potato masher or fork

### Directions

- Clean and peel potatoes. Cut into slices about ¼ inch thick. Clean, peel, and core apples. Cut into chunks.
- Peel and chop fine the garlic and ½ of an onion.
- Put margarine in the skillet and melt. Add the garlic and onion, and let them brown, stirring occasionally. Place potato and apple pieces in a single layer in the bottom of the pan. Pour in broth and bring to a boil. Cover the skillet and lower heat to medium. Simmer until potatoes and apples are soft (about 8-10 minutes)
- Remove the cover and add cumin, salt, pepper, nutmeg and vinegar. Stir until combined.
- Remove from heat and place into a bowl. Mash the mixture and serve



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### Nutrition Facts

Serving Size: 1 cup	
Recipe makes 5 servings	
<b>Calories 176</b>	
Calories from Fat 43	
<b>Amount Per Serving</b>	<b>%DV</b>
Total Fat 5g	8%
Saturated Fat 2g	10%
Monounsaturated Fat 2g	
<b>Cholesterol</b> 6mg	2%
<b>Sodium</b> 110 mg	5%
<b>Potassium</b> 287 mg	8%
<b>Total Carbohydrate</b> 31g	10%
Dietary Fiber 5g	19%
Protein 3g	7%
Vitamin A	135%
Vitamin C	35%

Sweet potatoes are an amazing source of vitamin A, which supports healthy vision.

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