

## Curry-Spiced Sweet Potatoes

(Makes six 2/3-cup servings)

### **Ingredients:**

- 6 ½ cups cubed, peeled sweet potato (about 2 lbs)
- 1 tablespoon olive oil
- ¼ cup finely chopped shallots
- 1 tablespoon brown sugar
- ½ teaspoon salt
- ½ teaspoon curry powder
- ½ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper
- 1/3 cup 1% milk
- 1 tablespoon fresh lemon juice

### **Directions:**

- 1) Place potatoes in a medium saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Drain well, return to pan. Keep warm.
- 2) Add olive oil to nonstick skillet over medium heat. Add shallots to pan; cook 6 minutes or until tender, stirring occasionally. Stir in brown sugar, salt, curry powder, cumin, cinnamon, and red pepper; cook 1 minute, stirring constantly. Add shallot mixture, 1% milk, and lemon juice to potatoes. Mash potato mixture with a potato masher to desired consistency.

### **Nutritional Analysis:** (per serving)

- Calories: 183
- Total Fat: 4 g
- Saturated Fat: 2 g
- Protein: 4 g
- Carbohydrates: 35 g
- Dietary Fiber: 5 g
- Sodium: 272 mg
- Sugars: 2 g

### **Source:**

*Cooking Light*