

Maple-Pecan Sweet Potato Mash

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¼ cup chopped pecans
6 Tbsp maple syrup
¼ tsp orange zest
1 cinnamon stick
¼ tsp ground cloves
2 large sweet potatoes, baked

- Bake sweet potatoes at 425 for 30-45 minutes until fork tender.
- Lower oven to 300°.
- Place the pecans in a single layer on a baking sheet. Bake about 10 minutes or until pecans are fragrant and begin to darken. Remove from oven, and set aside.
- In a small saucepan, combine maple syrup, orange zest, cinnamon stick, and ground cloves. Bring to a gentle simmer. Remove from heat, and let stand about 5 minutes.
- Gently scoop out insides of the baked sweet potatoes, and place in a bowl. Using a potato masher or large fork, mash until there are no lumps left.
- Remove the cinnamon stick from the warmed syrup, and discard. Pour the syrup over the mashed sweet potatoes, and top with the toasted pecans. Serve immediately.



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