

November Recipe



EAT RIGHT MONTANA

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Roasted Sweet Potato Puree with Orange Juice

Ingredients:

- 2 1/2 pounds dark orange sweet potatoes (also known as yams)
- 1/4 cup vegetable or chicken broth
- 1/8 teaspoon ground nutmeg
- 1 tablespoon finely grated orange zest
- 1/4 to 1/3 cup fresh orange juice
- 1/2 teaspoon salt
- Freshly ground black pepper

YIELD: 8 servings (about 1/2 cup)

Instructions:

- 1) Preheat the oven to 425 degrees.
- 2) Wash the sweet potatoes and pierce each one once or twice with a fork.
- 3) Place them on a foil-lined baking sheet on the middle rack of the oven. Depending upon their size, they will need to roast for about an hour or more until very soft.
- 4) Cool just until you can handle the sweet potatoes. Peel off and discard the skin.
- 5) Puree in a food processor (or smash with a masher) until smooth, adding the broth to help the process along. Add the nutmeg, orange rind, fresh orange juice, salt and pepper to taste, mixing until just combined.
- 6) Serve hot.

Substitutions/Additions:

- Most orange potatoes sold in the US are a variety of sweet potato, even though they are usually labeled as yams. True yams are usually found only in ethnic food markets.
- Sodium can be lowered by using a low-sodium broth and reducing the salt.
- Fresh lime juice and zest can be used in place of orange juice. Frozen juice may also be substituted if fresh is unavailable.
- Puree can be made ahead and reheated in a covered casserole dish. Bake at 350 degrees for about 30 to 40 minutes, or until puree reaches 165 degrees.

Nutrition Analysis:

Serving Size: 1/2 cup

Calories: 175

Total Fat: 0.3 g

Calories from Fat: 1.5 %

Saturated Fat: 0.0 g

Trans Fat: 0.0 g

Total Carb: 41 g

Dietary Fiber: 6.0 g

Sodium: 172 mg

Protein: 2.4 g

Calcium: 28 mg

Iron: 0.8 mg

Recipe Source

© **Janice Feuer-Haugen**, author of five cookbooks, including **Fruit-Sweet and Sugar Free** and **Chocolate Decadence**.

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