SHOPPING LIST

Sweet Potato & Apple Mash

- ○ Sweet Potatoes
- ○ Olive Oil
- ○ Apples
- ○ Onion
- ○ Rosemary
- ○ Kosher Salt
- ○ Butter
- ○ Black Pepper

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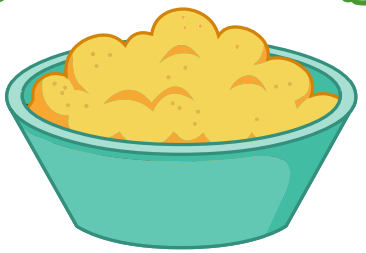
Lunch Labbers Present

SIDE DISHES

PBS KIDS GO!

FIZZY'S LUNCH LAB

Sweet Potato & Apple Mash



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 1 hour	Medium	

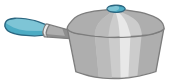
YOU WILL NEED

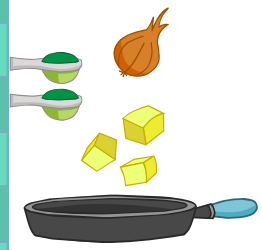
- **2** medium sweet potatoes, peeled and cut into ½" rounds
- **2 tablespoons** extra-virgin olive oil
- **2** medium Golden Delicious Apples, peeled, cored, and cut into ½" chunks
- **1** medium onion, diced
- **2 teaspoons** minced fresh rosemary
- **1 teaspoon** kosher salt
- **1 tablespoon** unsalted butter
- **1/2 teaspoon** black pepper

DIRECTIONS

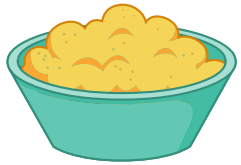
ATTENTION KIDS: Always cook with a grownup!

STEP 1: Place the sweet potatoes in a medium saucepan and cover with water. Bring to a simmer and cook until tender, about 20 minutes. Drain the potatoes, return them to the pot, cover, and keep warm.





STEP 2: Heat a 10 inch nonstick skillet over medium heat; once hot, add 1 tablespoon of the oil. Add the apples, onion, rosemary, and ¼ teaspoon of the salt, and cook, stirring frequently, 10 to 15 minutes.



STEP 3: Add the apple mixture to the cooked sweet potatoes along with the remaining oil, salt, butter, and pepper, and coarsely mash with a potato masher or whisk. Serve.

Nutrition Facts

Serving Size 1 serving (194g)
Servings Per Container 4

Amount Per Serving	
Calories 200	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 40mg	2%
Total Carbohydrate 28g	9%
Dietary Fiber 5g	20%
Sugars 13g	
Protein 2g	

Vitamin A 190% • Vitamin C 15%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4