

Goat Cheese Mashed Sweet Potatoes



Total: 30 mins

Servings: 12

Yield: 6 cups



Ingredients

3 pounds sweet potatoes,
peeled and cubed
½ cup half-and-half
¼ cup butter
2 ounces goat cheese
½ cup roasted and salted
pistachios, coarsely chopped
1 tablespoon butter
⅛ teaspoon salt
⅛ teaspoon black pepper
Fresh sage

Directions

Step 1

Place potatoes in a large saucepan. Add enough water to cover. Bring to a boil and add salt. Reduce heat to medium high and simmer, covered, until potatoes are tender when pierced with a knife, about 10 minutes. Drain and return to the saucepan. Heat 1/2 cup half-and-half and 1/4 cup butter in a glass measuring cup in the microwave 1 minute. Mash half-and-half mixture into the potatoes. Stir in 2 oz. goat cheese.

Step 2

Sprinkle pistachios and fresh sage over potatoes.

Nutrition Facts

Per Serving: 209 calories; fat 11g; cholesterol 22mg; saturated fat 6g; carbohydrates 25g; mono fat 3g; poly fat 1g; insoluble fiber 4g; sugars 5g; protein 5g; vitamin a 15937.6IU; vitamin c 3mg; thiamin 0.1mg; riboflavin 0.2mg; niacin equivalents 0.8mg; vitamin b6 0.3mg; folate 16.1mcg; vitamin b12 0.1mcg; sodium 277mg; potassium 463mg; calcium 70.7mg; iron 1.1mg.