



GINGER-LIME SWEET POTATO MASH

Ingredients

- 1 1/2 pounds sweet potatoes or yams, peeled and cut into 2-inch cubes
- Sea salt
- Chicken stock or water
- 2 tablespoons unsalted butter or ghee
- 1 tablespoon grated fresh ginger
- 1/4 teaspoon Grade A Dark Amber maple syrup
- 2 teaspoons freshly squeezed lime juice
- 1 tablespoon chopped fresh cilantro or mint, for garnish

Directions:

Put the sweet potatoes and 1/4 teaspoon of salt into a pot and add enough broth or other liquid to cover by 1 inch. Bring to a boil over high heat, then lower the heat to medium, cover, and simmer for 20 minutes, or until tender. Drain the potatoes in a colander, reserving the cooking water, and return them to the pot. Add the butter, ginger, maple syrup, 1/4 teaspoon of salt, lime juice, and 2 to 3 tablespoons of the cooking liquid. Use a potato masher or electric hand mixer to mash the potatoes, adding more cooking liquid until you reach the desired consistency. Taste; you may want to add another pinch of salt or a squeeze of lime. Sprinkle with cilantro or mint and serve immediately.

Variations: Swap out the lime juice for orange juice and add a shaving of nutmeg. Garnish with mint or parsley rather than cilantro.

If you are avoiding dairy, substitute 2 tablespoons of extra-virgin olive oil or 1 1/2 tablespoons of coconut oil for the 2 tablespoons of butter.

