

Maple Mashed Sweet Potatoes

When prepping and serving a holiday meal, I like to do as much as possible in advance to have more time to enjoy my family. I've taken this Martha Stewart recipe and made it my own. It's an easy and delicious side dish and gives me an opportunity to use one of my favorite Maine-made ingredients.

— Charlene

INGREDIENTS

7 - 8 medium sized sweet potatoes

4 tbsp melted butter

1/4 cup Maine maple syrup

Salt and pepper

Fresh grated nutmeg

DIRECTIONS

Prick potatoes in several places with a fork. Bake at 400° for about an hour, or until potatoes are tender pierced with a fork.

Once cool enough to handle, halve and scoop out potatoes and discard skins.

Add melted butter and maple syrup and mash or whip with mixer. Add salt and pepper to taste. Add about 1/4 to 1/2 tsp. of fresh grated nutmeg. Mix together and put in a lightly greased serving dish. Reheat before serving.

