

Seasonal Eating



Mashed Molasses Roasted Sweet Potatoes

1 tablespoon vegetable oil
2 tablespoons molasses
1 teaspoon ground ginger
1/8 teaspoon ground cloves
pinch salt
4 cups 3/4" cubed, peeled sweet potatoes (about 5 small)
2 tablespoons butter
1/2 cup warm milk or more if needed

In a large bowl, whisk together oil, molasses, ginger, cloves and salt. Add sweet potatoes and toss to coat. Pour out onto a silpat or parchment paper lined baking sheet in a single layer. Roast at 425 degrees for about 30 minutes or until tender to a fork. Place in electric mixer bowl and add butter. Beat until mashed and gradually add enough milk to make creamy and light. Serve immediately.