

**Title:** Dietitian Liz

**Recipe:** Sweet Potatoes with Apple Butter



Thanksgiving sides can be the best part of the meal! Sadly so many of them are loaded with excess calories from unhealthy ingredients. You can try this recipe in place of your typical sweet potato casserole to help cut back on calories from sugar and added fat from butter or margarine. Put some toasted pecans and a sprinkle of brown sugar on top for some extra flavor if so desired. Enjoy 😊!

**Ingredients:**

- 4 pounds sweet potatoes
- 4 tablespoons unsalted butter, at room temperature
- 1/2 cup apple butter
- Salt

**Directions:**

- Preheat oven to 350 degrees F (176 C) and set out a 9x13-inch (or similar size) baking dish.
- Preheat the oven to 350°. Pierce the sweet potatoes all over with a fork and place on a large rimmed baking sheet. Bake for 1 1/2 hours, or until very tender.
- Peel the sweet potatoes and transfer to a large bowl. Mash with a potato masher until creamy, then mash in the butter and apple butter. Season with salt and serve.

Recipe altered from: <https://www.foodandwine.com/recipes/sweet-potatoes-with-apple-butter#spotim-comments>