
Caribbean Sweet Potatoes

From my cyber friend Nance, and she got it at a cooking class

Internet address:



3 pounds sweet potatoes

2 medium bananas

4 tablespoons unsalted butter

brown sugar to taste (optional)

1 1/2 teaspoons ground nutmeg, [I used less]

1 tablespoon ground cinnamon, [I used less]

Salt to taste

2 tablespoons milk (or chicken broth or coconut milk) use only if making ahead (may need more)

1 teaspoon fresh lime juice, also use only if making ahead (may need more)

Servings: 8

1. Bake potatoes at 375° F for 35-45 minutes, until tender to the touch. Allow to cool just enough so you can handle them; remove peel and chop coarsely in a flat-bottomed bowl.
2. Add bananas (cut into chunks), butter, brown sugar (if using), nutmeg and cinnamon. Using a potato masher, mix and mash the mixture until you can't see any banana. Taste for salt and pepper. Serve immediately at this point.
3. Can be made ahead also (refrigerate for a few hours). If so, add a bit of milk to smooth out the mixture and a little squirt of lime juice (to keep the bananas from turning brown). Scoop mixture into a casserole dish and refrigerate for 2-3 hours. Allow to return to room temperature and and bake for 20 minutes or so at 250°F just to heat through. Could also reheat in microwave. Serve immediately.

Per Serving (excluding unknown items): 214 Calories; 7g Fat (26.8% calories from fat); 3g Protein; 38g Carbohydrate; 5g Dietary Fiber; 16mg Cholesterol; 19mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Fruit; 0 Non-Fat Milk; 1 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>