Mashed Sweet Potatoes with Coconut Milk

**INGREDIENTS:**

1 ½ lb. Sweet Potatoes, (about 3 Medium)  
6 oz. “Lite” Coconut Milk  
1 Tbsp. Minced Fresh Ginger  
½ tsp. Salt

**METHOD OF PREPARATION:**

1. Prick sweet potatoes with a fork in several places. Microwave on High and rotate on shelf about 10 – 15 minutes or until tender all the way to the center. (Alternatively, place in a baking dish and bake at 425°F until tender all the way to the center, about 1 hour.)

2. When cool enough to handle, peel off and discard skin. Transfer the sweet potatoes to a medium microwaveable bowl and mash thoroughly with a potato masher. Add coconut milk, ginger and salt; stir well. Reheat in the microwave for 1-2 minutes, or in the oven for 8 to 10 minutes. Serve warm.

**SERVES:** 8 - 4 oz. portion size

**NUTRITION:** 100 Calories, 2 g Fat, 2 g Saturated Fat, 0 g Trans Fat, 0 mg Cholesterol, 200 mg Sodium, 19 g Carbohydrate, 3 g Dietary Fiber, 2 g Protein

**ALLERGENS:** None

**WEIGHT WATCHER POINTS = 3**