Smashed Spiced Sweet Potatoes

4 lb. Sweet Potatoes (4-5 large)
2 Tbsp. Butter
2 Tbsp. Pure Maple Syrup
1 Tbsp. Chili Powder
2 tsp. Ground Cumin
1 tsp. Ground Ginger
1 tsp. Salt
¼—½ tsp. Ground Black Pepper

METHOD OF PREPARATION:

1. Preheat oven to 350 degrees F.
2. Pierce each sweet potato in several places with a fork. Place directly on the oven rack and roast until soft about 45 minutes to 1 hour.
3. Transfer to a cutting board; let stand until cool enough to handle, about 10 minutes. Slip off the skins and cut the sweet potatoes into 1-inch slices. Place in a large bowl.
4. Add butter and mash the sweet potatoes with a potato masher or fork until fluffy but some lumps remain.
5. Add maple syrup, chili powder, ground cumin, ginger, salt and pepper to taste; stir to combine.
6. Spoon in a bowl or casserole dish, heat and serve.

SERVES: 17 (3 oz. portions)

NUTRITION: 90 Calories, 2 g Fat, 1 g Saturated Fat, 0 g Trans Fat, less than 5 mg Cholesterol, 180 mg Sodium, 19 g Carbohydrate, 3 g Dietary Fiber, 2 g Protein

WEIGHT WATCHER POINTS = 3

ALLERGENS: Milk