

whipped sweet potatoes with
caramelized apples

RECIPE



covenant natural health care
FROM THE KITCHEN OF

- 4 large sweet potatoes, pierced with fork
- ½ stick unsalted butter, softened
- 2 tablespoons heavy cream
- ½ cup applesauce, preferably homemade
- 2 teaspoons grated fresh peeled ginger
- 1 teaspoon coarse salt
- Freshly ground pepper
- 2 apples, peeled and cut into 1-inch pieces
- 2-3 tablespoons honey
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Preheat oven to 375 degrees. Arrange potatoes on a baking sheet lined with parchment. Bake until tender, 1 hour 10 minutes. Remove from oven; let stand until cool enough to handle. Cut each potato lengthwise. Scoop flesh into the bowl of an electric mixer; discard skins. Add 2 tablespoons butter and the cream; mix on medium speed until smooth. Mix in applesauce and ginger; season with salt and pepper. Transfer potato mixture to an ovenproof dish and bake about 10 minutes. Meanwhile, toss apples with honey in a bowl. Melt remaining 2 tablespoons butter in a large skillet over medium heat. Add apple mixture; cook, until apples are golden and caramelized (stirring occasionally), about 10 minutes. Remove potato mixture from oven; top with caramelized apples, and serve.

herbed mashed potatoes

RECIPE



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FROM THE KITCHEN OF

- 4lbs Yukon gold potatoes, peeled and cut into
- 1-inch pieces
- Coarse salt
- 1¾ cups half-and-half
- ½ stick butter
- 2 tablespoons chopped fresh parsley, plus more
- for garnish
- 2 tablespoons chopped fresh chives, plus more
- for garnish
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Place potatoes in a large pot; cover with cold water by 1 inch, and add 1 teaspoon salt. Bring to a boil; reduce heat to medium-low, and simmer until potatoes are tender, 15 to 18 minutes. Drain; return potatoes to pot. Stir potatoes over medium heat until dry (a film of starch will form on bottom of pot), about 1 minute. Remove from heat. In a small saucepan, combine half-and-half and butter; bring to a simmer over medium heat. Pour half of hot liquid over potatoes. Mash just until smooth, adding more liquid to reach desired consistency. Stir in parsley and chives; season with salt. Garnish with more herbs.