

First Dish

# Vanilla Whipped Sweet Potatoes

Sweet potatoes are a staple of a nutrient-rich diet, but many sweet potato recipes are bogged down with fats, sugar and empty calories. However, Elaine Magee's recipe gives people a way to enjoy this root vegetable's natural sweetness and rich texture without the guilt. "I set out to create a simple but flavorful sweet potato dish that could substitute for the rich and high sugar traditional sweet potato dishes," Magee said. "It's so easy to throw together and yet so light and flavorful that we make it year-round in our house."

Opting for no additional sugar and embellished with bits of sweet potato skin, this dish highlights just how versatile one ingredient can be. "It's an example of a colorful dish that's easy to make with few ingredients and offers people an unsweetened sweet potato option."



## Directions

1. Cut sweet potatoes into 3/4-inch cubes (including the skin). Add sweet potatoes to a microwave-safe dish with about 2 tablespoons water. Microwave until tender (about 6-8 minutes).
2. While sweet potatoes are in microwave, pour milk into a small saucepan. Slice the vanilla bean lengthwise, scrape out the seeds with a small metal spoon or dinner knife and stir both the bean and the seeds into the milk. Bring milk to a simmer, stirring often. Let simmer for about a minute then turn off heat and remove the vanilla bean shell and discard.
3. Place drained sweet potatoes in the food processor. With the processor running, pour the vanilla cream mixture into the sweet potatoes and process until smooth. An electric mixer can be used as well.
4. Season with salt and pepper if desired, then transfer to a serving bowl and serve with whipped butter and/or toasted pecans if desired.

## Ingredients

- 3 pounds sweet potatoes, rinsed and gently scrubbed
- 1 cup whole milk (low fat or plant-based milk can be used)
- 1 vanilla bean (or 1 tablespoon vanilla paste)
- Salt and freshly ground pepper to taste (optional)
- Whipped butter and/or toasted pecans (optional)

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