



MASHED SWEET POTATOES WITH ROASTED GARLIC

4-5 large sweet potatoes, peeled and chopped into chunks

1 or 2 large heads of garlic

Olive oil

Butter—to taste; 2-4 tablespoons

¼ cup heavy cream or sour cream, optional

Salt to taste

Cover sweet potatoes with water in a large pot and bring to a boil. Reduce heat and simmer until tender, about 15 minutes. (Or, roast, and remove from skins when done.)

Cut ¼ inch from the top of the head(s) of garlic. Place in an oven-proof dish and drizzle the garlic with olive oil. Roast uncovered in a 350 degree oven for about 25 minutes, until garlic is tender. When tender, and cool enough to handle, press the roasted garlic cloves out of the garlic skins onto a small plate. Mash with a fork until totally pulverized.

Drain sweet potatoes and add the mashed roasted garlic, salt, cream, and butter. Mash all together with a potato masher until thoroughly blended. Serves 6-8, unless the cook starts tasting!