

## LiveBetter with MedWatch

### Pineapple Sweet Potatoes

#### Ingredients

- 4 medium sweet potatoes (about 1 pound), peeled
- vegetable oil spray
- 1 ¼ cup unsweetened pineapple juice
- 2 Tbsp. vegetable oil
- 1 Tbsp. no-sugar-added crushed pineapple, canned in natural juices
- pinch of cinnamon, nutmeg and allspice
- 1 Tbsp. molasses
- 1 tsp. stick margarine

#### Preparation

1. Boil potatoes until tender (about 30 minutes).
2. Remove skins and discard.
3. Preheat oven to 425°. Lightly spray a 1-quart baking dish with vegetable oil.
4. Mash potato pulp. Add fruit juice and oil and whip until fluffy. Add pineapple and spices. Turn into baking dish.
5. Spread molasses over the top, dot with margarine and bake uncovered for 15 minutes or until thoroughly heated.

Makes 6 servings.

#### Nutrition Analysis



Per serving: 139 calories, 5 g fat (1 g saturated fat), 1 g protein, 22 g carbohydrates, 0 mg cholesterol, 16 mg sodium



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