

PRESIDENT HERBERT HOOVER

MARSHMALLOW-TOPPED SWEET POTATOES

8
SERVINGS

10 MINS
PREP TIME

35 MINS
COOK TIME

INGREDIENTS

- 6 sweet potatoes (about 5” long), cut into 1-inch cubes
- 2 tablespoons unsalted butter
- Nutmeg to taste
- Salt to taste
- ½ cup heavy cream
- 2 cups chopped walnuts
- Marshmallows, mini

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Boil the sweet potatoes for about 25 minutes, then mash with a potato masher to remove all strings.
3. Add butter. Add nutmeg and salt to taste (try small amounts the first time!)
4. Add enough heavy cream to provide a soft consistency.
5. Fold in walnuts.
6. Pour into a 9”x13” baking dish and bake for 10 minutes.
7. Cover the top with marshmallows and bake until lightly browned on top.

MARSHMALLOW-TOPPED SWEET POTATOES



NUTRITION PER SERVING (8 SERVINGS)

Calories 405 • Total Fat 25g • Saturated Fat 5g • Sodium 75mg • Total Carbohydrates 44g • Dietary Fiber 5g • Added Sugars 14g • Protein 7g

* Analysis based on 4 cups of mini marshmallows.

DIETITIAN'S NOTE

Use fewer marshmallows to reduce the added sugar or swap skim milk for whipping cream to reduce saturated fat.

Adapted from: The National Archives Blog