

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Roasted Sweet Potato Puree w/ Fresh Orange *or* Lime Juice**

The moister, orange-fleshed varieties such as Garnet, Beauregard or Jewel “yams” work best in this recipe.

4-6 servings (though you might want to double this amount to have extra for leftovers)

### *With Fresh Orange Zest & Juice*

2 ½ pounds sweet potatoes (“yams”)  
2-4 tablespoons vegetable stock  
1/8 teaspoon ground nutmeg  
1 tablespoon finely grated orange zest  
1/3 cup fresh orange juice  
Scant teaspoon sea salt  
Freshly ground black pepper

### *With Fresh Lime Zest & Juice*

2 ½ pounds sweet potatoes (“yams”)  
¼ cup vegetable stock  
1/8 teaspoon ground nutmeg  
1 teaspoon finely grated lime zest  
2 tablespoons fresh lime juice  
Scant teaspoon sea salt  
Freshly ground black pepper

Preheat the oven to 425 degrees.

Wash the sweet potatoes and pierce each one once or twice with a fork. Place them on a foil-lined baking sheet on the middle rack of the oven. Depending upon their size, roast them for an hour or more until they are very soft.

Cool the sweet potatoes until you can handle them. Peel off and discard the skin and place the potatoes in the bowl of the food processor. Puree the sweet potatoes until smooth, adding half the vegetable stock to help the process along. Add the nutmeg, zest, fresh juice, salt and pepper to taste, mixing until just combined. Add the remaining stock only as necessary to produce a smooth and luxurious consistency.

You can enjoy this puree immediately, or prepare it a day or two in advance, and then reheat it in a covered oven-proof casserole in a 350 degree oven for about ½ hour until heated through.