

Whipped Vanilla Bean and Fall Sweet Potatoes

It is beginning to look a lot like... FALL! Get ready for the season with this awesome fall inspired recipe cooking up some fresh, sweet potatoes!

Ingredients

- 4 lbs. of medium sweet potatoes
- Half vanilla bean, slit lengthwise and seeds scraped
- 1 cup heavy cream
- 4 tablespoons unsalted butter or margarine
- Salt and Pepper to taste



Directions

- Set the oven to heat at 400°.
- Place the Sweet potatoes on a baking sheet and bake until tender (about 35 minutes).
- Once they have become tender (check with a fork), you can remove them from the oven allowing them to slightly cool and then peel the skin.
- After they are peeled, puree the potatoes in a food processor, blender or mixer.
- SEPARATELY in a small pan, beginning adding the cream, margarine, and the vanilla bean and seeds. Bring to a simmer.
- Next, remove the vanilla bean from the mix. With the processor, pour the vanilla cream into the sweet potatoes and process until smooth.
- Lastly, season the sweet potato puree with salt and pepper, and they are ready to serve!

Find this recipe and more at www.foodandwine.com/recipes/vanilla-bean-whipped-sweet-potatoes

Health benefits: The nutrition of Sweet Potatoes

- Contain antioxidants
- Good source of fiber
- Vitamin C
- Potassium
- Full of vitamins such as Vitamin A
- Aid in regulating blood sugar
- Decrease risk of some cancers