

Easy Buttermilk Mashed Sweetpotatoes

(NAPS)—Side dishes are often the best part of a meal, and mashed potatoes are among the top contenders. Here's a very simple take on that old favorite with a modern twist—mashed California sweetpotatoes with buttermilk and fresh herbs. The buttermilk provides a hint of tang and the herbs add brightness, making this a versatile dish that offsets a heavy winter meal yet pairs perfectly with lighter springtime or summer fare. Plus, California sweetpotatoes are a nice change of pace from regular mashed potatoes—and with more fiber.



Buttermilk Mashed California Sweetpotatoes are easy enough to make for a weeknight dinner and perfectly elegant for company and special occasions throughout the year.

Easy-to-Make Buttermilk Mashed California Sweetpotatoes with Fresh Herbs

Serves 6 to 8

- 2½ lb orange or yellow-white fleshed sweetpotatoes, or a combination, peeled and cut into 1-in chunks**
- 4 T butter**
- ¾ c buttermilk (see note)**
- 1 T chopped fresh cilantro**
- 1 T chopped fresh dill**
- 1 T chopped fresh parsley**
- 2 tsp chopped fresh mint**
- 1 tsp salt, or more to taste**
- 1 tsp pepper, or more to taste**

Place sweetpotatoes in large saucepan or small stockpot, cover with water by 1 inch, and bring to a boil over high heat. Reduce to a simmer; continue to cook until very tender, 6 to 8 minutes. Drain sweetpotatoes; return to saucepan. Add butter and mash. Add buttermilk, cilantro, dill, parsley, mint, salt and pepper. Add more salt and pepper to taste and serve.

Note: If you prefer, substitute plain yogurt, sour cream, milk, half and half or cream for the buttermilk.

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For further facts, tips and recipes visit www.casweetpotatoes.com.

Editor's Note: This story can be useful to anyone and of particular interest to readers in the states of California, Arizona, Oregon, Washington, Nevada, Utah and Idaho.