

SWEET POTATO SMASH WITH CINNAMON CRUNCH TOPPING

SWEET POTATO SMASH INGREDIENTS

2 medium sweet potatoes, about 1.5 lbs.

- Wash sweet potato
- Cook until soft
- Mash with a fork
- Keep warm
- See Chefs Notes below

½ to 1 tsp. cinnamon

2 TBSP orange juice

1 tsp grated orange rind (optional)

1 TBSP. melted butter (optional)

CINNAMON CRUNCH TOPPING INGREDIENTS

1 cup whole wheat panko breadcrumbs

1 TBSP melted butter

1 TBSP sugar

1 tsp cinnamon

INSTRUCTIONS

1. Heat oven to 300°F.
2. To make cinnamon crunch topping: add breadcrumbs to a large bowl & drizzle with melted butter. Stir to coat breadcrumbs with butter, sprinkle with cinnamon & sugar. Stir until sugar & cinnamon evenly coat breadcrumbs.
3. Put breadcrumbs on a parchment lined sheet pan (if using a dark sheet pan, lower oven temperature to 275°F).
4. Bake for 10-15 minutes or until breadcrumbs are fragrant & toasted. Set aside.
5. To make the sweet potato smash: mash all ingredients together in a bowl until well combined. Taste. If orange juice is too tart, a bit of honey can be added to balance the acidity. Top the sweet potato smash with the cinnamon crunch topping just before serving.

CHEF'S NOTES

For this recipe, we want to minimize the water content of the potato. Recommended methods of cooking are:

1. Microwave: pierce with a fork, & microwave for 4-8 minutes (depending on the strength of the microwave & the size of the potato).

2. Bake: Preheat oven to 425°F.

Prick sweet potatoes all over with fork and place on a baking sheet (lined with foil for easy clean-up).

Bake until tender or until a fork inserted in the thickest part has no resistance, 45 to 50 minutes. Let cool. Split the tops open with a knife.